



Workout Tracker

Marriage and Family

Workout Sessions

Wake Up Call

Having Children

Staying in the Game

Life After Kids

Date Completed

Workout Teammates

Contact Information

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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?

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

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...

MARRIAGE AND FAMILY -- *Episode 2: Having Children*



Team Member Name: _____ Date: _____

Game Strategy – We know children are a blessing, a beautiful gift from God, but they may take your marriage on a wild ride!

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. Do you think that having children is the greatest gift in a marriage? Why?
2. What are some of the challenges to having children? What are some of the blessings?
3. How does(did) your lives change when you started having kids? Foster children? Adopted children?
4. What is your role, as a couple, in raising kids? What is the father's role in raising kids? What is the mother's role?
5. How important of a role do you think that faith plays in raising a family? Explain.
6. How do you practice your Catholic faith as a family? And how do you personally practice your faith?
7. What are some of the difficulties in raising children in a single parent home? How do you cope with them?

MARRIAGE AND FAMILY -- *Episode 2: Having Children*

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. Bless your children each night.
2. Be open to life. God will give you the grace to be the parents you need to be.
3. Tell your children you love them every day.

Complete your **Personal Action Item**. 

Scripture References

Hebrews 12:1-4

Luke 9:46-48

Romans 12:9-21

Genesis 1:26-28

Ephesians 5:21-33

Ephesians 6:1-4

Coaching Tips

You know well enough that Our Lord does not look so much at the greatness of our actions, nor even at their difficulty, but at the love with which we do them. ~ *Saint Therese of Lisieux*

We are on mission together. ~ *Michaelann Martin*

Catechism Connection

1652 “By its very nature the institution of marriage and married love is ordered to the procreation and education of the offspring and it is in them that it finds its crowning glory.” Children are the supreme gift of marriage and contribute greatly to the good of the parents themselves. God himself said: “It is not good that man should be alone,” and “from the beginning [he] made them male and female”; wishing to associate them in a special way in his own creative work, God blessed man and woman with the words: “Be fruitful and multiply.” Hence, true married love and the whole structure of family life which results from it, without diminishment of the other ends of marriage, are directed to disposing the spouses to cooperate valiantly with the love of the Creator and Savior, who through them will increase and enrich his family from day to day.

1653 The fruitfulness of conjugal love extends to the fruits of the moral, spiritual, and supernatural life that parents hand on to their children by education. Parents are the principal and first educators of their children. In this sense the fundamental task of marriage and family is to be at the service of life.

1654 Spouses to whom God has not granted children can nevertheless have a conjugal life full of meaning, in both human and Christian terms. Their marriage can radiate a fruitfulness of charity, of hospitality, and of sacrifice.

1656 In our own time, in a world often alien and even hostile to faith, believing families are of primary importance as centers of living, radiant faith. For this reason the Second Vatican Council, using an ancient expression, calls the family the *Ecclesia domestica*. It is in the bosom of the family that parents are “by word and example... the first heralds of the faith with regard to their children. They should encourage them in the vocation which is proper to each child, fostering with special care any religious vocation.”

See Also: **1655, 1657, 1658**

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...

MARRIAGE AND FAMILY -- *Episode 3: Staying in the Game*



Team Member Name: _____ Date: _____

Game Strategy – Marriage and Family are a blessing, and are worth the work for an intimate relationship that brings all closer to Jesus!

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. As your marriage continues on and your family grows, you begin to experience some difficulties. What are some of the challenges that you and your spouse have faced in your marriage? How have you dealt with these challenges?
2. Have these challenges been a strain on your marriage or have they strengthened your marriage as a result of both of you working through them? Explain.
3. I believe marriage is not 50/50 but 100/100. In what ways do you lift one another up when the other might be struggling a bit? Do you let your spouse know how much you love and appreciate them? Explain.
4. Sometimes marriages begin to lose some steam-----due to the hectic lives of raising a family and outside commitments. What are some ways that you think you could help recharge your marriage?
5. Do you set aside some time for each other to be alone-----date night? Why do you think this would be beneficial for both spouses?
6. Spend some time reflecting back on the early years of your marriage. Do you still have that same love, passion and devotion for your spouse? How do you think you can recapture some of the old flame?
7. Marriage is for the "long haul" and it is inevitable that arguments and disagreements will take place. When these disagreements take place, how do you usually handle them? Are you apologetic? Do you keep the lines of communication open?
8. How can you change personally that will better improve your marriage?

MARRIAGE AND FAMILY -- Episode 3: Staying in the Game

Team Workout Plan - Watch the Kickoff, Game Plan and Red Zone video segments as a team.

Postgame Recap - Watch the End Zone video segment with the team. Take note of the tips from the CTG team:

1. Forgive and forget. Don't keep a record of wrongs.
2. Drink deeply of the present moment.
3. Remember, they are the children, you are the parent!

Complete your **Personal Action Item**.



Scripture References

1 Corinthians 13:4-8
Proverbs 22:6
Ephesians 5:28

Colossians 3:13
Proverbs 31:10-31
Ephesians 6:1-4

Coaching Tips

We must build each other up and feed our souls with prayer, spending time alone together and having some fun!

Marriage is a 100/100 proposition. We give all of ourselves to our wives expecting nothing in return and our wives give all of themselves to us expecting nothing in return and thus we are both fed! Pope Saint John Paul II called it "Total self-donation"

Catechism Connection

1603 "The intimate community of life and love which constitutes the married state has been established by the Creator and endowed by him with its own proper laws.... God himself is the author of marriage." The vocation to marriage is written in the very nature of man and woman as they came from the hand of the Creator. Marriage is not a purely human institution despite the many variations it may have undergone through the centuries in different cultures, social structures, and spiritual attitudes. These differences should not cause us to forget its common and permanent characteristics. Although the dignity of this institution is not transparent everywhere with the same clarity, some sense of the greatness of the matrimonial union exists in all cultures. "The well-being of the individual person and of both human and Christian society is closely bound up with the healthy state of conjugal and family life."

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.¹⁰⁸ 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.¹⁰⁹ This grace of Christian marriage is a fruit of Christ's cross, the source of all Christian life.

1622 "In as much as it is a sacramental action of sanctification, the liturgical celebration of marriage... must be, per se, valid, worthy, and fruitful." It is therefore appropriate for the bride and groom to prepare themselves for the celebration of their marriage by receiving the sacrament of penance.

See Also: **1612-1614, 1616-1617**

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...

MARRIAGE AND FAMILY – *Episode 4: Life After Kids*



Team Member Name: _____ Date: _____

Game Strategy – Well, after years of raising children who are now starting their own families, perhaps your own parents are aging and need your help. Where does that leave your marriage?

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. One morning you and your spouse wake up and realize that you now have an ‘empty nest’ – what was your reaction? What do you think your reaction will be?
2. To cope with this change, what adjustments do you think the two of you need to make? What do you think was or will be the most difficult adjustment? Why?
3. We never stop becoming parents even though our children move out of the house. How do you continue parenting children in college? Millennials? Young adult? Adult children?
4. As coach Danny travels around the country speaking, he mentions that the number one problem affecting elderly parents is adult children not practicing the faith. Why do you think that so many adult children are not practicing their faith? Is this true in your family? How do you think we (you) should address this problem?
5. What are some of the consequences to this dilemma?
6. How can you evangelize your adult children? Grandchildren?
7. People are living longer. Do you think that the care of elderly parents seems to be a problem in our society? What do you think that your responsibility is to the care of your elderly parents? What are some of the difficulties in supplying this care? What are some of the blessings?

MARRIAGE AND FAMILY-- *Episode 4: Life After Kids*

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. Never forget that your life has infinite value – God knows you and loves you.
2. Express the gratitude you have in your heart for your parents.
3. Look at the positive things each of you brings to the marriage.

Complete your **Personal Action Item**. 

Scripture References

Coming Soon!

The CTG Team is working on selecting material for this section.

Coaching Tips

We never stop being the parents. We have to be there for our grown children and keep communicating. This can be a difficult challenge as they go and grow in different directions. Be a dad but don't interfere in their families and don't advise where it is not warranted. We can help be responsible for the spiritual welfare of their children. Grandparents can have very impactful relationships with their grandchildren.

In taking care of our parents we need to remember that pro-life applies to the old as well as the young. We have to give them respect and simply be there for them; letting them do things their way as much as possible. We must learn to go with the flow and be patient, thinking of them as God's blessing to us and remembering all that they have done and sacrificed for us.

Catechism Connection

2252 Parents have the first responsibility for the education of their children in the faith, prayer, and all the virtues. They have the duty to provide as far as possible for the physical and spiritual needs of their children.

2218 The fourth commandment reminds grown children of their *responsibilities toward their parents*. As much as they can, they must give them material and moral support in old age and in times of illness, loneliness, or distress. Jesus recalls this duty of gratitude.

For the Lord honored the father above the children, and he confirmed the right of the mother over her sons. Whoever honors his father atones for sins, and whoever glorifies his mother is like one who lays up treasure. Whoever honors his father will be gladdened by his own children, and when he prays he will be heard. Whoever glorifies his father will have long life, and whoever obeys the Lord will refresh his mother.

O son, help your father in his old age, and do not grieve him as long as he lives; even if he is lacking in understanding, show forbearance; in all your strength do not despise him.... Whoever forsakes his father is like a blasphemer, and whoever angers his mother is cursed by the Lord.

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...