



Workout Tracker

Shocking Claims of Jesus

Workout Sessions

Repent and Believe

Be Perfect

Forgiveness

Power of Speech

Watch

The Sword

Eat The Flesh?

Light of the World

All Authority

Overcome the World

Date Completed

Workout Teammates

Contact Information

THIS PAGE INENTIONALLY LEFT BLANK

SHOCKING CLAIMS OF JESUS – *Episode 1: Repent and Believe*



Team Member Name: _____ Date: _____

Game Strategy – Jesus came to destroy the power of the devil. It’s no wonder Satan doesn’t want us to see the Glory of Christ.

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. What is repentance? What does it mean to repent?
2. Why do you think that in the Scriptures, Jesus puts such an emphasis on our repentance?
3. What do you think are the benefits of true repentance?
4. Once you have repented and been forgiven in Confession how did/do you feel emotionally? Spiritually?
5. Jesus says, “This is the time of fulfillment and the Kingdom of God is at hand.” What do you think He means by this?
6. Do you live your life as though the Kingdom of God is at hand? If so, in what ways? If not, why?
(Romans 14:7)
7. Why do you think Jesus tells us to believe in the Gospels? What are the benefits of believing?
(John 3:15, 18, 36; John 5:24; John 20:31)

SHOCKING CLAIMS OF JESUS - *Episode 1: Repent and Believe*

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. Have I given EVERYTHING to Jesus?
2. Read and reflect on Philippians 3:8.
3. To know Jesus you have to read His Word. Read the readings for Mass before you go to Mass.

Complete your **Personal Action Item**. 

Scripture References

Mark 1:14-15

John 5:24

Romans 14:7

John 20:31

John 3:15,18,36

Philippians 3:8

Coaching Tips

If we look at the world different than Jesus does then we are wrong and need correction.

Jesus elicited three responses from people: hate, terror, and worship. - *C.S. Lewis*

If you believe what you like in the gospels, and reject what you don't like, it is not the gospel you believe, but yourself. - *Saint Augustine*

Catechism Connection

1033 We cannot be united with God unless we freely choose to love him. But we cannot love God if we sin gravely against him, against our neighbor or against ourselves: "He who does not love remains in death. Anyone who hates his brother is a murderer, and you know that no murderer has eternal life abiding in him." Our Lord warns us that we shall be separated from him if we fail to meet the serious needs of the poor and the little ones who are his brethren. To die in mortal sin without repenting and accepting God's merciful love means remaining separated from him forever by our own free choice. This state of definitive self-exclusion from communion with God and the blessed is called "hell."

1427 Jesus calls to conversion. This call is an essential part of the proclamation of the kingdom: "The time is fulfilled, and the kingdom of God is at hand; repent, and believe in the gospel." In the Church's preaching this call is addressed first to those who do not yet know Christ and his Gospel. Also, Baptism is the principal place for the first and fundamental conversion. It is by faith in the Gospel and by Baptism that one renounces evil and gains salvation, that is, the forgiveness of all sins and the gift of new life.

1864 "Therefore I tell you, every sin and blasphemy will be forgiven men, but the blasphemy against the Spirit will not be forgiven.: There are no limits to the mercy of God, but anyone who deliberately refuses to accept his mercy by repenting, rejects the forgiveness of his sins and the salvation offered by the Holy Spirit. Such hardness of heart can lead to final impenitence and eternal loss.

See Also: **166, 167, 1989**

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...

SHOCKING CLAIMS OF JESUS – *Episode 2: Be Perfect*



Team Member Name: _____ Date: _____

Game Strategy – Jesus literally tells us that we’re to be perfect, but isn’t that impossible? On our own it is, but God’s grace gives us the power to do the impossible.

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. Read Chapter 5 of Matthew; it will be helpful. As you focus on the word “perfect” in verse 48, give your best definition. With that definition in mind, what do you think Jesus means when he tells us that we must be perfect as the heavenly Father is perfect? Is He expecting us to do the impossible or is He just asking us to give our best effort?
2. Read 2 Corinthians 5:21. Jesus took upon himself our imperfections (our sins) and gives us His perfection (His righteousness). This is the greatest trade in the history of the universe! Read also Hebrews 10:14. How does this make you feel? (See Hebrews 10:19-22). What should be your response to God?
3. Only Christ **in you** can make you perfect. Self striving leads to failure. And too often when we do succeed, it leads to pride. But trusting in Christ and HIS perfect life leads to success and joy. What are some practical steps you can take in trying to attain Christ’s perfection in your everyday life? What would be your personal prayer to God as you ask for His help?
4. We know that it is impossible to become perfect on this earth without Christ. Do or did you know someone who trusts Christ so fully that they have moved as closely as possible to a life of perfection? What sets that person apart from others?
5. The devil loves to intervene to discourage us. What are some things from the past or present that may cause you to think that you cannot attain perfection? What would it take for you to detach from these things?
6. What is the best way in which you can lead your loved ones on the path to perfection?

SHOCKING CLAIMS OF JESUS - *Episode 2: Be Perfect*

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. Don't worry. Jesus can and will help you be perfect.
2. God wants to be with us. He will change us so we can be.
3. Ask Jesus to reveal to you what stands in your way.

Complete your **Personal Action Item**. 

Scripture References

Matthew 5:1-48
2 Corinthians 5:21

Hebrews 10:14
Hebrews 10:19-22

Coaching Tips

Mediocrity is not an option. It's heaven or hell.

To live is to change and to be perfect is to have changed often.
– *Cardinal Newman*

We can't be perfect due to our sin. Jesus is perfect. He gives us His life, we yield to Him and He perfects us.

We trust God to make us perfect. Jesus says keep coming to me. Do we want to pay the price to pursue perfection?

Catechism Connection

2013 “All Christians in any state or walk of life are called to the fullness of Christian life and to the perfection of charity.” All are called to holiness: “Be perfect, as your heavenly Father is perfect.”

In order to reach this perfection the faithful should use the strength dealt out to them by Christ's gift, so that... doing the will of the Father in everything, they may wholeheartedly devote themselves to the glory of God and to the service of their neighbor. Thus the holiness of the People of God will grow in fruitful abundance, as is clearly shown in the history of the Church through the lives of so many saints.

2014 Spiritual progress tends toward ever more intimate union with Christ. This union is called “mystical” because it participates in the mystery of Christ through the sacraments — “the holy mysteries” — and, in him, in the mystery of the Holy Trinity. God calls us all to this intimate union with him, even if the special graces or extraordinary signs of this mystical life are granted only to some for the sake of manifesting the gratuitous gift given to all.

2015 The way of perfection passes by way of the Cross. There is no holiness without renunciation and spiritual battle. Spiritual progress entails the asceticism and mortification that gradually lead to living in the peace and joy of the Beatitudes:

He who climbs never stops going from beginning to beginning, through beginnings that have no end. He never stops desiring what he already knows.

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...

SHOCKING CLAIMS OF JESUS – *Episode 3: Forgiveness*



Team Member Name: _____ Date: _____

Game Strategy – Every time we pray the Our Father, we ask to be forgiven as we forgive others. Do we realize what we're asking here?

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. What does the Scripture passage Matthew 6:14-15 mean to you?
2. Why is Jesus so emphatic about the necessity of forgiving others?
3. Can you share a time in your life when you forgave someone who really wronged you? What was their reaction? How did you feel afterwards?
4. Is there a past or current occasion when you could not or cannot bring yourself to forgive someone? What do you think is preventing you from forgiving them? How can you overcome this situation?
5. Can you share a time when you asked for someone else's forgiveness for a wrong that you did to them? How did it work out?
6. Think of how many times in your life that the Lord has forgiven you for your sins. How do you think He would like for you to repay Him? (Colossians 1:13-14)
7. Sometimes our own family members can be the most difficult to forgive. Can you site an occasion when this occurred in your life?

SHOCKING CLAIMS OF JESUS - *Episode 3: Forgiveness*

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. Forgiveness is a decision.
2. Ask forgiveness from those you have hurt. (Luke 6:38)
3. Don't wait. Take the initiative. Go to your family members and offer your forgiveness and ask for theirs.

Complete your **Personal Action Item**. 

Scripture References

Matthew 6:14-15
Matthew 18:21-22
Luke 6:38
Luke 23:34

Colossians 1:13-14
Colossians 3:13
Ephesians 2:4
Ephesians 4:31-32

Coaching Tips

Definition of forgiveness - the action or process of forgiving or being forgiven; Pardon, absolution, exoneration, remission, clemency, mercy.

We have to first overcome our pride before we can truly forgive.

Forgiveness is the glue that holds us together.

We are to forgive as we have been forgiven. Un-forgiveness is a prison.

The first to apologize is the bravest. The first to forgive is the strongest ... and the happiest.

Catechism Connection

2838 This petition is astonishing. If it consisted only of the first phrase, "And forgive us our trespasses," it might have been included, implicitly, in the first three petitions of the Lord's Prayer, since Christ's sacrifice is "that sins may be forgiven." But, according to the second phrase, our petition will not be heard unless we have first met a strict requirement. Our petition looks to the future, but our response must come first, for the two parts are joined by the single word "as."

2840 Now—and this is daunting—this outpouring of mercy cannot penetrate our hearts as long as we have not forgiven those who have trespassed against us. Love, like the Body of Christ, is indivisible; we cannot love the God we cannot see if we do not love the brother or sister we do see. In refusing to forgive our brothers and sisters, our hearts are closed and their hardness makes them impervious to the Father's merciful love; but in confessing our sins, our hearts are opened to his grace.

2841 This petition is so important that it is the only one to which the Lord returns and which he develops explicitly in the Sermon on the Mount. This crucial requirement of the covenant mystery is impossible for man. But "with God all things are possible."

See Also: **2839, 2842-2845, 2862**

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...

SHOCKING CLAIMS OF JESUS – *Episode 4: Power of Speech*



Team Member Name: _____ Date: _____

Game Strategy – Do you believe we will be held accountable for every careless word we utter? You better believe it. It’s one of the shocking claims of 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. James 3:9 mentions that the tongue can build up or tear down. Name some ways that we can “build up” others with our tongue. Name some ways that we can “tear down” others with our tongue.
2. When was the last time you acknowledged, praised, thanked or encouraged someone? Did it come easily for you? What was their response?
3. Have there been occasion(s) when your words really hurt the feelings of another? How did that person react? Afterwards, how did you feel? Did you apologize?
4. Does your conversation with others take on a positive outlook or do you tend to be negative? Explain. Read Philippians 4:8. In light of this verse, how can your conversations become more positive?
5. Take a few moments to do an inventory of your speech in the following areas:
 - Gossiping about others?
 - Cursing – especially taking God’s name in vain?
 - Telling dirty jokes?
 - Not telling the truth?

How can you improve in these areas?

SHOCKING CLAIMS OF JESUS - *Episode 4: Power of Speech*

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 does not condemn us. Where the Spirit of the Lord is, there is freedom!
2. Bear witness to the truth with your life!
3. Your speech has a powerful impact on those you love!

Complete your **Personal Action Item**. 

Scripture References

Matthew 12:36-37
James 3:6-10

Philippians 4:8
2 Corinthians 5:9-11

Coaching Tips

Knowing that we will be held accountable - we need to change ourselves. It is easy for us to wound those we love. We must give our hearts freely and often. Examine how we express our love to others - especially our wives - especially in front of our children. Do we ridicule? Are we insensitive? Do we ignore? Are we violent? Are we sexually abusive or disrespectful?

Out of the abundance of the heart, the mouth speaks.

The Fear of the Lord is the beginning of Wisdom.

Before you talk – Think and Listen!

Even though my heart isn't where it needs to be today, Lord, You alone can lead me to where it needs to be.

Catechism Connection

2151 Rejection of false oaths is a duty toward God. As Creator and Lord, God is the norm of all truth. Human speech is either in accord with or in opposition to God who is Truth itself. When it is truthful and legitimate, an oath highlights the relationship of human speech with God's truth. A false oath calls on God to be witness to a lie.

2468 Truth as uprightness in human action and speech is called *truthfulness*, sincerity, or candor. Truth or truthfulness is the virtue which consists in showing oneself true in deeds and truthful in words, and in guarding against duplicity, dissimulation, and hypocrisy.

2480 Every word or attitude is forbidden which by *flattery, adulation, or complaisance* encourages and confirms another in malicious acts and perverse conduct. Adulation is a grave fault if it makes one an accomplice in another's vices or grave sins. Neither the desire to be of service nor friendship justifies duplicitous speech. Adulation is a venial sin when it only seeks to be agreeable, to avoid evil, to meet a need, or to obtain legitimate advantages.

See Also: **1459, 1849, 1853, 2143, 2152, 2475, 2485**

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...

SHOCKING CLAIMS OF JESUS – *Episode 5: Watch!*



Team Member Name: _____ Date: _____

Game Strategy – Many of us have experienced a spiritual awakening but the world tries to put us back to sleep. Jesus says we must watch because we do not know the day or the hour. We must be ready.

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. What is your interpretation of the Scripture passage Matthew 24:42-44?
2. How should you prepare yourself for when this day comes, so you are not caught off guard?
3. If the Lord called you home today, how do you think he would judge you? (2 Corinthians 5:10)
4. Eventually, each of us will face the Lord for two judgments: One, the personal, called the particular judgment and the second, called the final judgment. What is your understanding of each of these? (The Catechism gives a thorough explanation in paragraphs 1021-1022 and 1038-1041).
5. When you pass away and your family and friends are asked to write something about you – what do you think they would say? (Matthew 25:21)

SHOCKING CLAIMS OF JESUS - *Episode 5: Watch!*

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. Find others in your parish to stand with you.
2. 1 Peter 4:7-8. Be on mission. Love one another.
3. Ask yourself if you are ready. Pray to become ready.

Complete your **Personal Action Item**. 

Scripture References

Matthew 24:36-44

Matthew 25:21

James 5:7-11

2 Peter 3:11-18

1 Timothy 6:11

2 Corinthians 5:10

Coaching Tips

What do we do to be watchful?

- Daily prayer
- The Sacraments
- Daily reading of Scripture
- Be in community
- Frequent Adoration
- Be on mission; do your job - love one another.

Be alert and watchful by living each day in the Lord. We wait in joyful hope for the coming of our Lord Jesus Christ.

The way to end well is to live well. Think of your death often and you will find wisdom.

Catechism Connection

1021 Death puts an end to human life as the time open to either accepting or rejecting the divine grace manifested in Christ. The New Testament speaks of judgement primarily in its aspect of the final encounter with Christ in his second coming, but also repeatedly affirms that each will be rewarded immediately after death in accordance with his works and faith. The parable of the poor man Lazarus and the words of Christ on the cross to the good thief as well as other New Testament texts speak of a final destiny of the soul – a destiny which can be different for some and for others.

1022 Each man receives his eternal retribution in his immortal soul at the very moment of his death, in a particular judgement that refers his life to Christ: either entrance into the blessedness of heaven – through a purification or immediately, - or immediate and everlasting damnation. At the evening of life, we shall be judged on our love.

1040 The Last Judgement will come when Christ returns in glory. Only the Father knows the day and the hour; only he determines the moment of its coming. Then through his Son Jesus Christ he will pronounce the final word on all history. We shall know the ultimate meaning of the whole work of creation and of the entire economy of salvation and understand the marvelous ways by which his Providence led everything towards its final end. The Last Judgement will reveal that God's justice triumphs over all the injustice. Committed by his creations and that God's love is stronger than death.

See Also: **672, 1038, 1039, 1041**

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...

SHOCKING CLAIMS OF JESUS – *Episode 6: The Sword*



Team Member Name: _____ Date: _____

Game Strategy – We call Christ the Prince of Peace so why did he say, “I have come to bring not peace but the sword”?

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 I first heard this passage (Matthew 10:34-36) years ago, I had difficulty understanding its meaning. What do you think Jesus means by this shocking statement?
2. How would you phrase this Scripture passage if Jesus asked you to rewrite it?
3. Why do you think Jesus wants us to place Him as our #1 priority, even above our own family? (Matthew 10:37)
4. The ‘sword’ that Jesus is speaking of in this passage refers to the Word of God. Read Ephesians 6:17 and Hebrews 4:12 concerning the ‘sword’. How would the reading of and meditating upon the Scriptures have a greater influence on your life? Consequently, do you think that you could then have a more significant impact on your family?
5. In order to have a spiritual impact on your family and friends, ask yourself a few questions. Are you afraid to talk to your family and friends about Jesus? If so, why? Jesus loves us enough to tell us the truth – to shoot straight with us! Are you willing to do the same with your family and friends? If so, how!
6. How do you think that you can incorporate the Scriptures into your life on a regular basis?

SHOCKING CLAIMS OF JESUS - *Episode 6: The Sword*

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. Christianity is about a relationship.
2. Jesus gives a testimony. Will you give yours?
3. Knowing Jesus will change your life!

Complete your **Personal Action Item**. 

Scripture References

Matthew 10:34-38
Ephesians 6:10-17

Hebrews 4:12
Colossians 1:18

Coaching Tips

Jesus must be first coming before all other things, even our most intimate relationships. When we put Him first, He is able to give us those lesser loves in an even greater way.

“[Jesus] stands between us and God, and for that very reason he stands between us and all other men and things. He is the Mediator, not only between God and man, but between man and man, between man and reality. Since the whole world was created through him and unto him (John 1:3; 1st Cor. 8:6; Heb. 1:2), he is the sole Mediator in the world... The call of Jesus teaches us that our relation to the world has been built on an illusion. All the time we thought we had enjoyed a direct relation with men and things. This is what had hindered us from faith and obedience. Now we learn that in the most intimate relationships of life, in our kinship with father and mother, brothers and sisters, in married love, and in our duty to the community, direct relationships are impossible. Since the coming of Christ, his followers have no more immediate realities of their own, not in their family relationships nor in the ties with their nation nor in the relationships formed in the process of living. Between father and son, husband and wife, the individual and the nation, stands Christ the Mediator, whether they are able to recognize him or not. We cannot establish direct contact outside ourselves except through him, through his word, and through our following of him. To think otherwise is to deceive ourselves”. - *Dietrich Bonhoeffer, The Cost of Discipleship*

Catechism Connection

792 Christ “is the head of the body, the Church.” He is the principle of creation and redemption. Raised to the Father’s glory, “in everything he [is] preeminent,” especially in the Church, through whom he extends his reign over all things.

794 *Christ provides for our growth:* to make us grow toward him, our head, he provides in his Body, the Church, the gifts and assistance by which we help one another along the way of salvation.

2470 The disciple of Christ consents to “live in the truth,” that is, in the simplicity of a life in conformity with the Lord’s example, abiding in his truth. “If we say we have fellowship with him while we walk in darkness, we lie and do not live according to the truth.”

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...

SHOCKING CLAIMS OF JESUS – *Episode 7: Eat the Flesh?*



Team Member Name: _____ Date: _____

Game Strategy – When some of His disciples heard Jesus say they must eat His flesh, they stopped following Him and returned to their old lives. It was a hard saying.

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. What do you hear Jesus saying to you in these passages? (John 6:53-54)
2. I don't think that Jesus would make such a statement if He didn't mean every word; in fact, His own disciples couldn't take it and walked away. Please spend some time reflecting on every word that Jesus said. If you had been there when Jesus made that statement, how do you think you would have reacted?
3. What is your reaction when you hear the priest pray similar words at the Consecration at Mass?
4. There are many Catholics who don't believe in the Real Presence. Do you think that Jesus came down to earth and became man, suffered, died, was buried, rose from the dead and ascended into heaven to give us a fake or a symbol of His Body and Blood? Why do you think Jesus did all of this for you?
5. You and I can eat all the heart healthy food in the world and have the greatest physical workout program ever designed, but we still waste away and die. In this passage, what did Jesus guarantee us if we eat the Bread of Life? Therefore, why wouldn't you want to receive the Holy Eucharist as often as possible? How can you adjust your schedule so that you can receive Holy Communion more often than just on Sundays?
6. Each and every time you receive Jesus Christ in the Eucharist, what do you think are the spiritual benefits that you receive?
7. Name some ways in which you must properly prepare yourself to receive Holy Eucharist.

SHOCKING CLAIMS OF JESUS - *Episode 7: Eat the Flesh?*

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. To finish the race, stay deeply connected to Jesus!
2. Spend time with Jesus in the Blessed Sacrament (Adoration).
3. Talk to Jesus about your doubts and questions.

Complete your **Personal Action Item**. 

Scripture References

John 6:48-58
John 6:60-63

John 6:66-68
1 Corinthians 11:17-30

Coaching Tips

We are dead without Jesus. He alone can give us eternal life. He transfers that life to us through the Eucharist. That is how he chose to do it.

Catechism Connection

1384 The Lord addresses an invitation to us, urging us to receive him in the sacrament of the Eucharist: “Truly, I say to you, unless you eat the flesh of the Son of man and drink his blood, you have no life in you.”

1385 To respond to this invitation we must *prepare ourselves* for so great and so holy a moment. St. Paul urges us to examine our conscience: “Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of profaning the body and blood of the Lord. Let a man examine himself, and so eat of the bread and drink of the cup. For anyone who eats and drinks without discerning the body eats and drinks judgment upon himself.” Anyone conscious of a grave sin must receive the sacrament of Reconciliation before coming to communion.

1391 *Holy Communion augments our union with Christ.* The principal fruit of receiving the Eucharist in Holy Communion is an intimate union with Christ Jesus. Indeed, the Lord said: “He who eats my flesh and drinks my blood abides in me, and I in him.” Life in Christ has its foundation in the Eucharist banquet: “As the living Father sent me, and I live because of the Father, so he who eats me will live because of me.” On the feasts of the Lord, when the faithful receive the Body of the Son, they proclaim to one another the Good News that the first fruits of life have been given, as when the angel said to Mary Magdalene, “Christ is risen!” Now too are life and resurrection conferred on whoever receives Christ.

1392 What material food produces in our bodily life, Holy Communion wonderfully achieves in our spiritual life. Communion with the flesh of the risen Christ, a flesh “given life and giving life through the Holy Spirit,” preserves, increases, and renews the life of grace received at Baptism. This growth in Christian life needs the nourishment of Eucharistic Communion, the bread for our pilgrimage until the moment of death, when it will be given to us as viaticum.

See Also: **1393, 458**

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...

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?

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

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...

SHOCKING CLAIMS OF JESUS – *Episode 9: All Authority*



Team Member Name: _____ Date: _____

Game Strategy – Men, what don't we understand about the word 'all'? When Jesus says, "All authority in heaven and on earth has been given me," He means all.

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. It seems as though a large number of people in the world are no longer in 'awe' of God and his authority. What do you think caused such a dramatic change in the lack of respect for God and His authority and the Church? Why has it had such a large impact on the younger generation?
2. In John 17:2-3 Jesus prays to His Father, "Just as you gave him authority over all people, so that he may give eternal life to all you gave him. Now this is eternal life, that they should know you, the only true God, and the one whom you sent, Jesus Christ." Reflect on this passage and then give your interpretation of what Jesus means by this statement.
3. In Mark 12:17 Jesus said to them, "Render to Caesar the things that are Caesars, and to God the things that are God's." How do you apply this statement Jesus made to your own personal life?
4. Jesus tells us, "Go therefore and make disciples of all nations." Do you think He is only talking to the clergy, or is He also talking to the laity? How can you go make disciples on a daily basis?
5. How bad do things need to get? Do you believe that now is the time for men to stand up and defend God and the Church? If so, how can you do your part? How can you get others to join you?

SHOCKING CLAIMS OF JESUS - *Episode 9: All Authority*

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 Holy Spirit to help you see Jesus as He is.
2. Pay attention to what the Church is saying about The New Evgelization.
3. God's authority is evident in creation.

Complete your **Personal Action Item**. 

Scripture References

Matthew 28:18-20
Revelation 1:5-7
1 Corinthians 15:22-26

Philippians 2:5-11
John 17:2-3
Mark 12:17

Coaching Tips

- Put God back into the Equation - He is the creator of ALL that is good.
- Recognize the Authority of God - Ask the Holy Spirit for assistance.
- Become disciples of Jesus Christ - call others to embrace the message of Christ
- Seek to live as a Spiritual Light in the World

St. Augustine concluded, in his renowned treatise *Confessions*, that God either exists, in which case we are bound to seek Him out and serve Him, or He does not and therefore we are nothing. Since the second alternative is preposterous, it is ridiculous for us not to accept God as the Almighty, the creator of all, the love that formed each one of us, and through love ensured us life everlasting through his Son and the Holy Spirit. With such credentials we should respect and understand the Authority that Jesus Christ was given, when he was a man, and what he retains to this day - as God the Son. – *Randal Agostini, Satellite Beach, FL*

Catechism Connection

1899 The authority required by the moral order derives from God: “Let every person be subject to the governing authorities. For there is no authority except from God, and those that exist have been instituted by God. Therefore he who resists the authorities resists what God has appointed, and those who resist will incur judgment.”

2199 The fourth commandment is addressed expressly to children in their relationship to their father and mother, because this relationship is the most universal. It likewise concerns the ties of kinship between members of the extended family. It requires honor, affection, and gratitude toward elders and ancestors. Finally, it extends to the duties of pupils to teachers, employees to employers, subordinates to leaders, citizens to their country, and to those who administer or govern it.

See Also: **2, 1898, 2234, 2238**

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...

SHOCKING CLAIMS OF JESUS – *Episode 10: Overcome the World*



Team Member Name: _____ Date: _____

Game Strategy – Sometimes we can feel a little overwhelmed, even discouraged. Cheer up! Jesus has overcome the world.

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. Many people have given up hope because they have allowed themselves to reflect on too much negative news. What are some of the negative issues that have a tendency to drag you down? How can you prevent this from happening?
2. Maybe we are looking for love, joy, peace, and happiness in all the wrong places. Let's take some time and make a comparison between what the world offers you and what Jesus offers you. What does the world say will bring you love, joy, peace and happiness? What does Jesus say will bring you true love, joy, peace and happiness?
3. Just because you turn your life over to Jesus Christ, does not mean that all your trials, tribulations, temptations, sufferings will go away – and never return? Whenever trials, tribulations, and sufferings come into your life, how do you deal with them? How do you think you can improve in this area?
4. Sometimes, brothers, we might feel overwhelmed trying to deal with obstacles on our own. We don't know where to turn. How do you think that turning to the Holy Spirit could be beneficial to you? How do you think that turning to Christian brothers could be helpful?
5. Jesus fell three times during His Passion, but He also got up three times. By this act – what is Jesus telling you about the obstacles that you will face in life?
6. When Jesus said in this passage, "Be of good cheer, I have overcome the world," does this mean that we have to wait until we go to Heaven to receive cheer, or can you and I experience this cheer on a regular basis here on earth? Is this a believable statement to you? Why or why not?

SHOCKING CLAIMS OF JESUS - *Episode 10: Overcome the World*

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. You can have a personal relationship with Jesus Christ! Tell others about Jesus!
2. God wants you to be a world-changer!!
3. Join a CTG small group or start one at your parish!

Complete your **Personal Action Item**. 

Scripture References

John 16:33
1 John 5:4-5

1 John 3:9
2 Corinthians 4:16-18

Coaching Tips

When it is all over, you will not regret having suffered; rather you will regret having suffered so little; and suffered that little so badly. - *St. Sebastian Valfre*

Jesus tells us He has it all under control, but we have to trust in Him. When we stay with Him, we too will overcome the world.

In the “big picture” of eternal life, our troubles on this earth are but a “slight, momentary affliction preparing for us an eternal weight of glory beyond all comparison.” (2 Cor 4:17)

On our worst day we can be close to Jesus on his worst day. By uniting our sufferings to His, we too can overcome the world through Him and in Him.

Catechism Connection

1808 *Fortitude* is the moral virtue that ensures firmness in difficulties and constancy in the pursuit of the good. It strengthens the resolve to resist temptations and to overcome obstacles in the moral life. The virtue of fortitude enables one to conquer fear, even fear of death, and to face trials and persecutions. It disposes one even to renounce and sacrifice his life in defense of a just cause. “The Lord is my strength and my song.” “In the world you have tribulation; but be of good cheer, I have overcome the world.”

1821 We can therefore hope in the glory of heaven promised by God to those who love him and do his will. In every circumstance, each one of us should hope, with the grace of God, to persevere “to the end” and to obtain the joy of heaven, as God’s eternal reward for the good works accomplished with the grace of Christ. In hope, the Church prays for “all men to be saved.” She longs to be united with Christ, her Bridegroom, in the glory of heaven:

Hope, O my soul, hope. You know neither the day nor the hour. Watch carefully, for everything passes quickly, even though your impatience makes doubtful what is certain, and turns a very short time into a long one. Dream that the more you struggle, the more you prove the love that you bear your God, and the more you will rejoice one day with your Beloved, in a happiness and rapture that can never end.

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...