

VIRTUES – Episode 1: Courage (Fortitude)



Team Member Name: _____ Date: _____

Game Strategy – Men we are called to greatness, but what keeps us from responding to that call?

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. All of us are called to greatness but sometimes fear from within prevents us from stepping out. What is keeping you from stepping out and reaching your full potential?
2. 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?
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? See Ecc. 4:9-12, Heb. 10:24-25, Phil. 4:13 for insight.
6. The attitude we have in life plays a major role on whether we live our lives in fear or hope. What has your attitude been over the past several months?

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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. Dare to believe that you are called to greatness.
2. Look into your own life to find how you are called to serve.
3. In prayer, ask the Lord to give you the courage to change your ways and make Him first in your life.

Complete your **Personal Action Item**. 

Scripture References

Isaiah 41:6-10
Ecclesiastes 4:9-12
Matthew 6:25-27
Matthew 6:34

John 15:12-19
1 Peter 2:9-10
Hebrews 10:24-25
Philippians 4:13

Coaching Tips

You can't be great and comfortable. Get out of the comfort zone.

Fortitude, or courage, is a willingness to sustain an injury for the sake of the good.

Courage does not mean being without fear.

Part of courage is patience, calm, and serenity of soul. We understand the deep purpose of our lives.

Courage protects us from loving our lives so much that we lose them.

You have been called to greatness. The Lord has the power you need to rise to that greatness. The Lord loves faith and is pleased with those who trust Him.

Catechism Connection

1804 *Human virtues* are firm attitudes, stable dispositions, habitual perfections of intellect and will that govern our actions, order our passions, and guide our conduct according to reason and faith. They make possible ease, self-mastery, and joy in leading a morally good life. The virtuous man is he who freely practices the good.

The moral virtues are acquired by human effort. They are the fruit and seed of morally good acts; they dispose all the powers of the human being for communion with divine love.

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."

1837 Fortitude ensures firmness in difficulties and constancy in the pursuit of the good.

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...