

VIRTUES – Episode 2: Perseverance – Staying in the Game



Team Member Name: _____ Date: _____

Game Strategy – It’s one thing to begin well – to start out strong. It’s another to persevere to the finish.

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 are some of the struggles that you are currently battling? How are you coping with them?
2. 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? (Romans 5:3-5)
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? (James 1:2-3)
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 on the scriptures can be beneficial for you in your struggle?

VIRTUES -- *Episode 2: Perseverance – Staying in the Game*

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. Give to God what belongs to God – you!
2. Life’s marathon begins with one step. Ask God what He wants you to do. Then, listen.
3. Build yourself up. Ask the Lord for the strength to change.

Complete your **Personal Action Item**. 

Scripture References

James 1:23-25
Luke 11:9-13
Romans 12:1-2

1 Corinthians 9:25-27
Romans 5:3-5
James 1:2-3

Coaching Tips

Perseverance is the ability to fight one battle after another and still hang in there.

The battle to become the man God made us to be is in our own heart. Life is a marathon not a sprint.

“Buffet the body” – training in holiness. Pray and use the Scriptures to learn an eternal perspective of “what is worth fighting for?”

Live in the truth and don’t play games. We like a challenge, but have a fear of failure so we must have a commitment to be the best version of ourselves and pray for strength and courage to change.

Look at James 1:2-3. It is interesting that most of us consider it a joyful thing when we **ESCAPE** our trials. But James states that we should consider it a joyful thing when we **ENCOUNTER** trials. Why? It produces perseverance that leads to maturity.

The soul and body both want control. The soul leads the body to heaven and the body leads the soul to hell.

Catechism Connection

1833 Virtue is a habitual and firm disposition to do good.

1839 The moral virtues grow through education, deliberate acts, and perseverance in struggle. Divine grace purifies and elevates them.

1810 Human virtues acquired by education, by deliberate acts and by a perseverance ever-renewed in repeated efforts are purified and elevated by divine grace. With God’s help, they forge character and give facility in the practice of the good. The virtuous man is happy to practice them.

1811 It is not easy for man, wounded by sin, to maintain moral balance. Christ’s gift of salvation offers us the grace necessary to persevere in the pursuit of the virtues. Everyone should always ask for this grace of light and strength, frequent the sacraments, cooperate with the Holy Spirit, and follow his calls to love what is good and shun evil.

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...