

VIRTUES – Episode 3: Temperance – Removing the Junk



Team Member Name: _____ Date: _____

Game Strategy – The world constantly defines life as a pursuit of pleasure. Are we falling for it?

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 think is the world's viewpoint of what constitutes a real man? What is your personal viewpoint of what a real man is?
2. Each day we are confronted with various ads and commercials that tell us we need this thing or that for our pleasure and happiness. Do you think this is causing us to crave more things than we really can afford or need? Explain. Can you list some things that you purchased recently that were not necessary? What was your reaction?
3. How can you show more 'self control' in this area?
4. Coach Danny shared that he got trapped in a lifestyle of "booze and partying" to the point that he hated himself. Have you found yourself trapped in a lifestyle that you are not pleased with? Are you willing to change your lifestyle or do you fear change?
5. Coach Danny replaced a "worldly" lifestyle with one that was "spiritual." Galatians 5:16-25 gives some specific steps for us to take in order to make these changes. Which steps should you take? How do you think God can help you to change?
6. All of us are sinners and we need to change in some way, shape, or form. Once we have gotten rid of the junk in our lives – and God starts to transform us into new man, how do you think that this change in your life will affect the relationship with your wife? Family? Co-workers, etc?

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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. Be honest about your sin.
2. We can overcome sin with Christ's help.
3. Put away your ego and admit your faults.

Complete your **Personal Action Item**. 

Scripture References

Sirach 31:5-30
Galatians 5:16-25

1 John 2:15
James 5:16-20

Coaching Tips

Temperance is the ability to say, "That's enough" to pleasures that can distract us -- Self-Control.

Temperance builds on Prudence – stopping us before we cross the line.

Temperance moderates our attraction to certain pleasures-- so we don't undermine our becoming what we were meant to be.

The "flesh" is the drive toward drawing things to ourselves. The flesh distracts us so that we lose the kingdom. This is not punishment, it just happens this way.

The man who has self-control actually gets it all. The man lacking temperance loses both in this life and in eternal life. The pursuit of worldly pleasure is like drinking salt water; it makes you more thirsty. However, God created pleasure; He is the God of pleasure – the ultimate pleasure of living in His presence forever!

Catechism Connection

1809 *Temperance* is the moral virtue that moderates the attraction of pleasures and provides balance in the use of created goods. It ensures the will's mastery over instincts and keeps desires within the limits of what is honorable. The temperate person directs the sensitive appetites toward what is good and maintains a healthy discretion: "Do not follow your inclination and strength, walking according to the desires of your heart." Temperance is often praised in the Old Testament: "Do not follow your base desires, but restrain your appetites." In the New Testament it is called "moderation" or "sobriety." We ought "to live sober, upright, and godly lives in this world."

To live well is nothing other than to love God with all one's heart, with all one's soul and with all one's efforts; from this it comes about that love is kept whole and uncorrupted (through temperance).

No misfortune can disturb it (and this is fortitude). It obeys only [God] (and this is justice), and is careful in discerning things, so as not to be surprised by deceit or trickery (and this is prudence).

2290 The virtue of temperance disposes us to *avoid every kind of excess*: the abuse of food, alcohol, tobacco, or medicine. Those incur grave guilt who, by drunkenness or a love of speed, endanger their own and others' safety on the road, at sea, or in the air.

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...