

VIRTUES – Episode 9: Love – An Act of the Will



Team Member Name: _____ Date: _____

Game Strategy –Men, what does the word love bring to mind? Romance? Pleasure? Maybe a good feeling toward another? Perfect love is the choice to love as God loves us. We only need to look to the cross to realize love won't always feel good.

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 definition of love?
2. 1 John 4:16 “God is love, and he who abides in love abides in God, and God abides in Him. How do you show your love for God? How has God showed his love to you? How do you show your love to the Catholic Church that Christ founded?
3. Was there ever a time in your life when you felt that God didn't love you? What caused this? How did you overcome this feeling?
4. Love is something we all need desperately. We receive love from God first and then from family. How did you receive love from your family while growing up, especially from your father? How did you show your love to them?
5. Married men, how do you show your love to your family? What are some ways that you show your love to your wife? What are some ways that you show your love to your children? How do you think you can improve in each of these relationships? Here is a hard one – Is your love unconditional?
6. Love your neighbor as yourself. How is your relationship with your relatives? Are there some obstacles? How are you dealing with this person(s)? Have you asked God for his help?
7. How is your relationship with friends and fellow workers? Are there some obstacles? How are you dealing with this/these situations? Have you asked God for his help?
8. Love your enemies – it is an act of the will. This is by far the most difficult. Is there someone currently or in the past that has hurt you by their actions and you have not forgiven them? Do you want to forgive them? How do you think you go about accomplishing this? If the answer is no – what is preventing you from forgiving them? Have you asked the Holy Spirit for his help?

VIRTUES -- *Episode 9: Love – An Act of the Will*

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. If there is no love, put love, and you will find love.
2. Christ wants to speak into your life. He wants to give you His love so that you can share that love with others.
3. Tell your family you love them...and then show them!

Complete your **Personal Action Item**. 

Scripture References

Matthew 3:17	John 13:33-35
Romans 8:31-32	1 Corinthians 13:1-3
Romans 8:38-39	1 Corinthians 13:4-7
1 John 4:16	1 Corinthians 13:13
John 3:16	Colossians 3:14

Coaching Tips

Love is a decision. Make a daily decision to love.

Love is not something you *have*, but something you *do*.

Love *always* involves self-sacrifice for the benefit of the beloved.

Catechism Connection

1825 Christ died out of love for us, while we were still “enemies.” The Lord asks us to love as he does, even our *enemies*, to make ourselves the neighbor of those farthest away, and to love children and the poor as Christ himself.

1828 The practice of the moral life animated by charity gives to the Christian the spiritual freedom of the children of God. He no longer stands before God as a slave, in servile fear, or as a mercenary looking for wages, but as a son responding to the love of him who “first loved us”

If we turn away from evil out of fear of punishment, we are in the position of slaves. If we pursue the enticement of wages,... we resemble mercenaries. Finally if we obey for the sake of the good itself and out of love for him who commands... we are in the position of children.

1829 The *fruits* of charity are joy, peace, and mercy; charity demands beneficence and fraternal correction; it is benevolence; it fosters reciprocity and remains disinterested and generous; it is friendship and communion:

“Love is itself the fulfillment of all our works. There is the goal; that is why we run: we run toward it, and once we reach it, in it we shall find rest.” – St. Augustine

1844 By charity, we love God above all things and our neighbor as ourselves for love of God. Charity, the form of all the virtues, “binds everything together in perfect harmony” (Col 3:14).

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...