

BECOMING DISCIPLES – *Episode 1: Knowing Jesus*



Team Member Name: _____ Date: _____

Game Strategy – If we really want to find our way in life, men, we must come to know Jesus who is the way, the truth, and the light.

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. In Matthew 16:15 Jesus asked his disciples, “Who do you say that I am?” Peter answered, “You are the Christ, the Son of the living God.” If Jesus asked you, “Who do you say that I am?” what would your answer be?
2. The team illustrated three circles with crosses which represent our relationship with Jesus. Explain what each circle means. Where do you stand in your relationship with Jesus Christ?
3. We might know who Jesus is, but even the devil and demons know who he is. More importantly, we must know him personally. Do you have a personal relationship with Jesus? Explain. If not, what do you think is preventing you from doing this?
4. All of us need help to understand and know Jesus better. From where do you think we obtain this knowledge?
5. How will knowing Jesus more personally benefit you in all other aspects of your life?
6. How do you think we can learn more about Jesus and his teachings? What are some helpful resources?

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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. We want to support you in your conversion to follow Jesus Christ.
2. Keep going! Stand in front of our Lord.
3. Read the gospels over the next 7 days and find out about Jesus.

Complete your **Personal Action Item**. 

Scripture References

Matthew 16:15

Mark 16:20

John 1:14

1 Timothy 2:3-4

John 17:3

Acts 4:12

Coaching Tips

Strive not so much to *know more about Jesus* (although it is good to know more about Him) so much as to *know Jesus more*.

Knowing Jesus more is only accomplished through prayer, reading of Scripture, frequent participation in the Sacraments, fellowship with other believers and service and witness to others.

"I invite all Christians, everywhere, at this very moment, to a renewed personal encounter with Jesus Christ, or at least an openness to letting him encounter them; I ask all of you to do this unfailingly each day." ~ Pope Francis, *Evangelii Gaudium*

"No one should think that this invitation is not meant for him or her, since 'no one is excluded from the joy brought by the Lord'...How good it feels to come back to him whenever we are lost! Let me say this once more: God never tires of forgiving us." ~ Pope Francis, *Evangelii Gaudium*

Catechism Connection

1 God, infinitely perfect and blessed in himself, in a plan of sheer goodness freely created man to make him share in his own blessed life. For this reason, at every time and in every place, God draws close to man. He calls man to seek him, to know him, to love him with all his strength. He calls together all men, scattered and divided by sin, into the unity of his family, the Church. To accomplish this, when the fullness of time had come, God sent his Son as Redeemer and Savior. In his Son and through him, he invites men to become, in the Holy Spirit, his adopted children and thus heirs of his blessed life.

2 So that this call should resound throughout the world, Christ sent forth the apostles he had chosen, commissioning them to proclaim the gospel: "Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you; and lo, I am with you always, to the close of the age."⁴ Strengthened by this mission, the apostles "went forth and preached everywhere, while the Lord worked with them and confirmed the message by the signs that attended it."

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...