

BECOMING DISCIPLES – *Episode 4: Band of Brothers*



Team Member Name: _____ Date: _____

Game Strategy – Discipleship is more than just a bunch of guys running together. Disciples are brothers in Christ.

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. Jesus could have accomplished His mission on earth alone, but instead, He formed a band of brothers called the Apostles. Why do you think He formed this first men's group? What was their ultimate mission?
2. Christianity is not lived in isolation. You have heard the CTG team mention numerous times on the show the importance of joining a men's small workout group. Why do you think it is so important to join such a group? How do you think this would benefit you?
3. All of us have trials, tribulations, sufferings and temptations that we must face in this life. What do you think would be some of the benefits of sharing your struggles? What are some drawbacks?
4. Do you think sharing with your Christian brothers on a consistent basis would help you grow spiritually? Why?
5. Would you be open to asking a trusted brother within your sharing group to help you become accountable for your growth in virtue? Are there reasons this would not be beneficial to you?

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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. Incorporate your faith in your relationships.
2. Man up against your fears in talking about your faith.
3. Find a group of men in your parish to team up with.

Complete your **Personal Action Item**. 

Scripture References

Matthew 5:22

Acts 44:47

John 3:12

Ephesians 5:10-11

Matthew 12:50

Coaching Tips

A 3-fold card is not easily broken. We need each other!

There are four ingredients to a healthy Christian Life:

- * Prayer
- * The Sacraments
- * The Apostolic teachings
- * Fellowship

In order to lead a healthy Catholic Life it is very important to Band together as Brothers, especially for men who are reluctant to reveal who they really are. The devil's strategy is to divide us, to separate, isolate, to accuse, to keep us burdened down in our shame. We have to be able to move out of the darkness in our lives and to allow the Light of Christ to shine upon us. Jesus wants us to be in a relationship with one another, to understand and support one another. When we come together we can share our problems and find solutions. Brothers should get together frequently to share the healing experience that a support group can bring to prevent reversion into sin.

To assist in developing this bond, challenge yourself and one another:

- * Do you pray every day?
- * Do you regularly read Scripture?
- * Do you spend your time constructively?
- * Are you generous with your treasure?
- * Are you generous with your time?
- * Are you honest in your sex life?

Catechism Connection

960 The Church is a “communion of saints”: this expression refers first to the “holy things” (*sancta*), above all the Eucharist, by which “the unity of believers, who form one body in Christ, is both represented and brought about” (*LG* 3).

961 The term “communion of saints” refers also to the communion of “holy persons” (*sancti*) in Christ who “died for all,” so that what each one does or suffers in and for Christ bears fruit for all.

962 “We believe in the communion of all the faithful of Christ, those who are pilgrims on earth, the dead who are being purified, and the blessed in heaven, all together forming one Church; and we believe that in this communion, the merciful love of God and his saints is always [attentive] to our prayers” (Paul VI, *CPG* § 30).

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...