



Workout Tracker
Marks of a True Christian

Workout Sessions

Date Completed

Genuine Love: Hate Evil - Love Good

Brotherly Affection

Honor and Humility

On Fire with the Spirit

Serve the Lord

Rejoice in Hope

Patience in Tribulation

Constant in Prayer

Vengeance is Mine

Prejudices

Christian Life in College

Christian Life in the Military

Workout Teammates

Contact Information

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MARKS OF A TRUE CHRISTIAN – *Episode 1: Genuine Love: Hate Evil – Love Good*

Team Member Name: _____ Date: _____



Game Strategy – How do people know we are Christians? Think about it. It's by the love we show to one another.

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. We have our share of evil in this world; we need to overcome this hate with good. What is your interpretation of the statement “Do not be overcome by evil, but overcome evil with good.”?

2. All of us have the capacity to sin because of our fallen nature. How do you fight this evil temptation to sin? Where does your inner strength come from?

3. God has made us in His image and likeness, so our real desire is to do good. How do you strive towards the goal of goodness and righteousness? What are some of the obstacles the devil tries to put in your way to prevent you from attaining this goal?

4. The battle between evil and good has been going on since the beginning of time. Do you think that God expects us to fight this battle alone? Can you list some ways that we can join forces with others to help in this struggle?

MARKS OF A TRUE CHRISTIAN -- *Episode 1: Genuine Love: Hate Evil – Love Good*

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. The Lord is on your side.
2. God wants to transform your life.
3. Love the Lord with all your heart!

Complete your **Personal Action Item**. 

Scripture References

Psalm 97:10

Romans 12:9

More Coming Soon!

The CTG Team is working on selecting additional material for this section.

Coaching Tips

Coming Soon!

The CTG Team is working on selecting material for this section.

Catechism Connection

Coming Soon!

The CTG Team is working on selecting material for this section.

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...

MARKS OF A TRUE CHRISTIAN – *Episode 2: Brotherly Affection*



Team Member Name: _____ Date: _____

Game Strategy – As men we thrive on competition and tough talk, but as Christian men we're called to kindness and, even, tenderness toward our brothers.

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

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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. How do you think that you can show brotherly affection towards your brothers and sisters in Christ? What do you think would prevent you from showing this affection towards others?
2. Jesus established the first real core of brotherly affection when He formed the Apostles – true bond of affection. I have been blessed to experience brotherly affection through men's prayer groups and team sports. Can you share some times in your life when you experienced brotherly affection through communal relationships?
3. Some men have a difficult time in expressing their affection towards another brother. Have you or someone you know experienced this difficulty? Why do you think that is?
4. Why do you think that men experience so much bonding (brotherly affection) in such group settings as team sports and the military, just to name a few?
5. Do you believe that men experience a deeper bonding whenever they participate in a spiritual setting such as prayer groups, retreats, etc.? Why?

MARKS OF A TRUE CHRISTIAN -- *Episode 2: Brotherly Affection*

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. God loves you with brotherly affection.
2. God calls you to love OTHERS!
3. Stay connected with your friends.

Complete your **Personal Action Item**. 

Scripture References

John 15:12-13

More Coming Soon!

The CTG Team is working on selecting additional material for this section.

Coaching Tips

Coming Soon!

The CTG Team is working on selecting material for this section.

Catechism Connection

Coming Soon!

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Personal Action Item

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I commit to becoming spiritually fit by...

MARKS OF A TRUE CHRISTIAN – *Episode 3: Honor and Humility*



Team Member Name: _____ Date: _____

Game Strategy – It takes great humility to count others better than ourselves - to honor them acknowledging their value and their dignity.

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Pregame Film Study

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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. St. Augustine said, “What is the essential thing in religion and discipline of Jesus Christ, I shall reply: 1) humility, 2) humility, and 3) humility. Do you believe humility is one of the key pillars, if not the key pillar, in Christian life? Why?
2. While growing up, I was raised in a family and town that was very competitive (sports). Don’t let anyone beat you out. Don’t give others credit. You got to get to the top – no matter what. Do you think that in our society there seems to be a lack of humility? Why do you think that’s so? How do you think we can change that?
3. Jesus was the most humble man that ever walked the face of the earth. Also, in the Gospels, He speaks often of the importance of being humble. List some ways that you might sometimes show a lack of humility. How do you think that you can become more humble?
4. What are some ways that you can honor others? Is this difficult at times for you? What do you think prevents you from giving honor and glory to another person?
5. Who is the most honorable person(s) that you have come across in your life? What makes them special?

MARKS OF A TRUE CHRISTIAN -- *Episode 3: Honor and Humility*

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. Humility and honor are a decision, not a feeling. Let God's grace work through you.
2. Honor your priest!
3. Who can you honor and lift up this week? Do it.

Complete your **Personal Action Item**. 

Scripture References

Coming Soon!

The CTG Team is working on selecting material for this section.

Coaching Tips

Coming Soon!

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Catechism Connection

Coming Soon!

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I commit to becoming spiritually fit by...

MARKS OF A TRUE CHRISTIAN – *Episode 4: On Fire with the Spirit*



Team Member Name: _____ Date: _____

Game Strategy – Do we realize the same Holy Spirit who came to the Apostles in tongues of fire wants to fire us up with genuine, lasting, and enduring fervor?

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Pregame Film Study

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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. Why do you think that Jesus felt it so necessary to leave us His Holy Spirit?

2. What are the fruits of the Holy Spirit? How do you think that each of these fit into your life?

3. Share some time(s) that you personally felt that the Holy Spirit interceded into your life in a particular situation(s)?

4. Do you think that your world needs a “New Pentecost?” Why? Currently, do you think it has begun? Why?

MARKS OF A TRUE CHRISTIAN -- *Episode 4: On Fire with the Spirit*

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. Profess Christ.
2. Set the world on fire for Christ.
3. Learn more about the Holy Spirit - Google Him!

Complete your **Personal Action Item**.



Scripture References

Galatians 5:22-23

More Coming Soon!

The CTG Team is working on selecting additional material for this section.

Coaching Tips

Coming Soon!

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Catechism Connection

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Personal Action Item

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MARKS OF A TRUE CHRISTIAN – *Episode 5: Serve the Lord*



Team Member Name: _____ Date: _____

Game Strategy – Jesus came as a servant leader. He told us that we must also serve if we wish to be his followers.

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

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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. Do you think it's time for all men, women, and children to stand up and serve Jesus Christ our Savior? Why? Why not?

2. What are some ways that you personally can serve the Lord? What are ways that you and your family can serve the Lord?

3. Why is being a servant of the Lord so important? What are the benefits?

4. One of the best ways to serve the Lord is by serving His Church. What is one way in which you think that you can best serve the Church?

MARKS OF A TRUE CHRISTIAN -- *Episode 5: Serve the Lord*

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. The Lord has called you to serve Him.
2. The Blessed Mother can show us how to serve Christ.
3. Your first act of service should be to your family.

Complete your **Personal Action Item**. 

Scripture References

Joshua 24:15-24

More Coming Soon!

The CTG Team is working on selecting additional material for this section.

Coaching Tips

Coming Soon!

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Catechism Connection

Coming Soon!

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Personal Action Item

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I commit to becoming spiritually fit by...

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MARKS OF A TRUE CHRISTIAN – *Episode 6: Rejoice in Hope*



Team Member Name: _____ Date: _____

Game Strategy – Hope is a confident expectation of fulfillment that changes the way we live. In Christ, there is trustworthy hope.

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Pregame Film Study

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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. If you were asked to give a personal definition of hope, how would you reply?

2. What is the opposite of hope? Have you ever lost hope in your life? What caused this? How did you overcome this lack of hope?

3. What is your hope based on?

4. Who is the source of your hope? Do you think it is possible to have hope without Jesus in your life? Why or why not?

5. How do you think that faith and hope tie together?

MARKS OF A TRUE CHRISTIAN -- *Episode 6: Rejoice in Hope*

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. Make a decision to acknowledge that we have a great deal to hope in.
2. Jesus is the source of our hope.
3. Make a commitment to follow Jesus – start your day with a positive attitude.

Complete your **Personal Action Item**. 

Scripture References

Coming Soon!

The CTG Team is working on selecting material for this section.

Coaching Tips

Coming Soon!

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Catechism Connection

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Personal Action Item

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I commit to becoming spiritually fit by...

MARKS OF A TRUE CHRISTIAN – *Episode 7: Patience in Tribulation*

Team Member Name: _____ Date: _____



Game Strategy – We’re under pressure, men, and we can either let the pressures of life overwhelm us or face them with active, steadfast endurance – relying on God’s grace to carry us through.

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Pregame Film Study

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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. All of us have or will face tribulations in our lives. What are some tribulations that you have faced or are facing in your life? How do you think that you handled them?
2. What is your best way in dealing with trials, tribulations, and sufferings?
3. Do you find it more difficult to see your loved ones dealing with tribulations in their lives? Why do you think that’s so? How do you help them deal with the tribulations?
4. What do you think is the best way to prepare for trials, tribulations, or suffering?

MARKS OF A TRUE CHRISTIAN – *Episode 7: Patience in Tribulation*

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. God is always with us!
2. Place your hope in heaven.
3. Ask the Lord for strength.

Complete your **Personal Action Item**.



Scripture References

Coming Soon!

The CTG Team is working on selecting material for this section.

Coaching Tips

Coming Soon!

The CTG Team is working on selecting material for this section.

Catechism Connection

Coming Soon!

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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...

MARKS OF A TRUE CHRISTIAN – *Episode 8: Constant in Prayer*



Team Member Name: _____ Date: _____

Game Strategy – It seems impossible to pray without ceasing as St. Paul instructs us in 1 Thessalonians, but when we consider that prayer is a conversation with Christ that makes us his intimate friend, why would we not pray constantly?

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

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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 does prayer mean to you? Do you think that prayer is vital to your well-being? Why?
2. What are the various forms of prayer?
3. How often do you pray? What kinds of prayer? What are the benefits of your prayer?
4. What do you think Paul means when he says, “We should pray constantly?” How is this possible?
5. Do you feel the presence of the Holy Spirit when you pray? Has God answered any of your prayers? Please cite a few examples when this occurred.
6. Do you pray with your wife? Does your family pray together? Explain.

MARKS OF A TRUE CHRISTIAN – *Episode 8: Constant in Prayer*

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. The Holy Spirit will help you.
2. Let God meet you in His word.
3. Ask God to teach you how to pray.

Complete your **Personal Action Item**.



Scripture References

Coming Soon!

The CTG Team is working on selecting material for this section.

Coaching Tips

Coming Soon!

The CTG Team is working on selecting material for this section.

Catechism Connection

Coming Soon!

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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...

MARKS OF A TRUE CHRISTIAN – *Episode 9: Vengeance is Mine*



Team Member Name: _____ Date: _____

Game Strategy – Revenge may be fun to watch in an action movie but real life vengeance purposely inflicts pain and injury on another to get even for harm done. But God alone can avenge the sins of others.

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

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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. It seems as though, in our society, if anyone infringes the least bit on our rights or possessions or disagrees with us, we immediately think about “payback,” and not so much “turn the other cheek.” What do you think are some of the causes that spur such knee jerk reactions?
2. Cite a couple of occasions in the past when you went overboard in your reaction and resorted to “payback.”
3. Cite a couple of occasions in the past when you thought about it and decided the best way was to “turn the other cheek.”
4. If those same incidents happened now, would you handle them differently? Explain.
5. Explain how you felt about yourself after each of these incidents.
6. Unfortunately, many of these attitudes of “payback” or “settling the score” happen within families. Has there been an occasion in your immediate or extended family when someone resorted to vengeance to settle a difference? What was the outcome? Did anyone or did you intercede to help the situation?

MARKS OF A TRUE CHRISTIAN – *Episode 9: Vengeance is Mine*

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 imitators of Christ.
2. Pray for those who persecute you.
3. Ask the Lord to help you forgive someone who has hurt you deeply.

Complete your **Personal Action Item**.



Scripture References

Coming Soon!

The CTG Team is working on selecting material for this section.

Coaching Tips

Coming Soon!

The CTG Team is working on selecting material for this section.

Catechism Connection

Coming Soon!

The CTG Team is working on selecting material for this section.

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...

MARKS OF A TRUE CHRISTIAN – *Episode 10: Prejudices*



Team Member Name: _____ Date: _____

Game Strategy – Prejudice comes in many forms. The word itself means pre-judge.

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Pregame Film Study

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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. How do you define prejudice? How do you define racism?
2. Deacon Larry mentioned that there was a time in his life when he had become prejudiced towards whites. Has there been a period of time in your life that you have become prejudiced toward someone because of their race, color, or creed? What do you think caused this? How did you overcome it? How much of a role did faith play in your turn around?
3. What advice can you give to others who are struggling with these issues?
4. Do you believe that racism still exists in this country? Is it improving? How do you think we can prevent racism in our country?
5. Coach Danny mentioned that he believes athletics breaks down racial barriers. Do you think that's true? Why? Why not?

MARKS OF A TRUE CHRISTIAN – *Episode 10: Prejudices*

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. Ask God for the spirit of brotherhood.
2. They will know we are Christians by our love.
3. Ask yourself if you are racist or prejudiced in your heart.

Complete your **Personal Action Item**. 

Scripture References

Coming Soon!

The CTG Team is working on selecting material for this section.

Coaching Tips

Coming Soon!

The CTG Team is working on selecting material for this section.

Catechism Connection

Coming Soon!

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Personal Action Item

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MARKS OF A TRUE CHRISTIAN – *Episode 11: Christian Life in College*

Team Member Name: _____ Date: _____



Game Strategy – The college campus presents both a sea of temptation and a tremendous opportunity for evangelization.

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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:

Coming Soon!

The CTG Team is working on selecting material for this section.

MARKS OF A TRUE CHRISTIAN – *Episode 11: Christian Life in College*

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. Foster a college environment where young people can thrive.
2. Malachi 4:5-6 "...and he will restore the hearts of fathers to their children and the hearts of children to their fathers."
3. Coaching point: Never stop parenting!

Complete your **Personal Action Item**. 

Scripture References

Coming Soon!

The CTG Team is working on selecting material for this section.

Coaching Tips

Coming Soon!

The CTG Team is working on selecting material for this section.

Catechism Connection

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MARKS OF A TRUE CHRISTIAN – *Episode 12: Christian Life in the Military*

Team Member Name: _____ Date: _____



Game Strategy – Military discipline, perseverance, and courage can translate to our personal lives but life in the military also presents serious challenges to people of faith.

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

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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:

Coming Soon!

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MARKS OF A TRUE CHRISTIAN – *Episode 12: Christian Life in the Military*

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. For those who serve, be a faithful and noble servant.
2. Be men and women of honor.
3. We love you!

Complete your **Personal Action Item**. 

Scripture References

Coming Soon!
The CTG Team is working on selecting material for this section.

Coaching Tips

Coming Soon!
The CTG Team is working on selecting material for this section.

Catechism Connection

Coming Soon!
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