

VIRTUES – Episode 7: Faith – A Radical Choice



Team Member Name: _____ Date: _____

Game Strategy – We all believe in something. The world often tells us we need to believe in ourselves, but true faith is really abandoning ourselves and making the bold decision to believe in something far greater.

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. “Faith comes from...hearing the Word of Christ.” (Romans 10:17) and is a gift from God that we need to nourish and help to grow. How do you rate your faith? What is it grounded on - just facts, or the person, Jesus Christ? Explain. Do you have a personal relationship with Jesus Christ? Explain.
2. The Apostles Creed describes the content of the Roman Catholic Faith. Please read and reflect on the Creed. What parts of it are you comfortable with? What parts do you struggle with? Why?
3. Faith requires a personal commitment to God made possible through the help of the Holy Spirit. What are some of the ways that you can utilize, to help you to better know more about Jesus and become closer to Him? How can you learn more about your Catholic faith?
4. Faith must be the center. Be truthful, make a list of your priorities in life (such as work, school, family, faith, etc.) in the order of importance. How much time do you dedicate to your faith in comparison with other priorities? Do you feel this is the proper balance? Should faith be #1? Why?
5. Faith is passed on many times by the example of others. Who in your life has had the most impact on your faith? Why? Do you feel that the way you practice your faith is setting a good example to your family? Relatives? Friends? Co-workers, etc? Why?

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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. Faith = Risk. Make a decision to invite Jesus Christ to be Lord of your life and keep repeating that decision every day.
2. Now is the time to call on Christ.
3. Make Jesus the center of your life.

Complete your **Personal Action Item**. 

Scripture References

1 Corinthians 12:12-22
James 2:14-24

Matthew 14:22-33
Romans 10:17

Coaching Tips

Faith – a way of knowing the truth about what God the Father has done through His Son.

- Faith is not easy
- Faith is a gift from God
- Faith comes through hearing
- Faith is all in or not in at all

At the heart of Faith is a relationship with a person – Jesus Christ. We need to lean on that person. When we seek Him, we find Him. He speaks to us in Scripture.

The Church’s mission is to spread the Gospel in the world. Radical faith is needed to participate in the Church’s mission. Once we have faith, we can turn the world upside down, like the apostles did. The world is waiting for us to wake up and come to life.

Catechism Connection

1814 Faith is the theological virtue by which we believe in God and believe all that he has said and revealed to us, and that Holy Church proposes for our belief, because he is truth itself. By faith “man freely commits his entire self to God.”⁷⁸ For this reason the believer seeks to know and do God’s will. “The righteous shall live by faith.” Living faith “work[s] through charity.”

1815 The gift of faith remains in one who has not sinned against it. But “faith apart from works is dead”: when it is deprived of hope and love, faith does not fully unite the believer to Christ and does not make him a living member of his Body.

153 When St. Peter confessed that Jesus is the Christ, the Son of the living God, Jesus declared to him that this revelation did not come “from flesh and blood,” but from “my Father who is in heaven.” *Faith is a gift of God, a supernatural virtue infused by him.* “Before this faith can be exercised, man must have the grace of God to move and assist him; he must have the interior helps of the Holy Spirit, who moves the heart and converts it to God, who opens the eyes of the mind and ‘makes it easy for all to accept and believe the truth.’”

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...