



## THE DEADLY SINS – *Episode 1: Pride and Humility*

Team Member Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Game Strategy** – It tops the list of the seven deadly sins. Pride will lead us down the path of self-destruction unless we can learn humility.

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 pride? What does pride create in you?
2. We are born with pride – it is our greatest enemy. Why is it the greatest sin?
3. What are some of the various forms of Pride? Do you struggle with any of these? Explain.
4. What is the antidote for Pride? Make some comparisons of a proud man vs. a humble man?
5. What are some remedies to overcome pride? How do you become humble?
6. Give an example where your pride/ego caused you to be disappointed in your behavior? (James 4:13-16)
7. What was the most humbling experience in your life?
8. We all want to be cheered by the crowd, to receive honor and glory. There is nothing wrong with that, except that we too often do it in the wrong way. Read James 3:10, 1 Peter 5:5-6 and Romans 8:18. What do these verses say about the right way to receive honor and glory?

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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. Big-heartedness is the answer to pride.
2. Everything we have comes from God.
3. Ask God to teach you humility.

Complete your **Personal Action Item**. 

### **Scripture References**

Judith 9:8-9

Proverbs 16:5

James 4:5-10

James 4:13-16

Proverbs 11:2

James 3:10

1 Peter 5:5-6

Romans 8:18

### **Coaching Tips**

Pride – an excessive or unjustified love for oneself and one’s accomplishments. Humility is the virtue which combats pride.

Humility - Less of “me” and more of “Thee”

“True humility is not thinking less of yourself; it is thinking of yourself less.” ~ *C.S. Lewis*

Colloquially speaking, the word “pride” is used to indicate pleasure or satisfaction in those things or persons which reflect well on a person or those related to that person. In this sense, when the “pride” is justified and not excessive, there is nothing wrong with being proud of oneself or others. Spiritually, it is best to cultivate a sense of gratitude rather than pride, especially in things which are not solely the product of one’s own efforts. I am grateful for the graces of my Catholic faith, my marriage and the success of my children.

### **Catechism Connection**

**1866** Vices can be classified according to the virtues they oppose, or also be linked to the *capital sins* which Christian experience has distinguished, following St. John Cassian and St. Gregory the Great. They are called “capital” because they engender other sins, other vices. They are pride, avarice, envy, wrath, lust, gluttony, and sloth...

**2559** “Prayer is the raising of one’s mind and heart to God or the requesting of good things from God.” But when we pray, do we speak from the height of our pride or “out of the depths” of a humble and contrite heart? He who humbles himself will be exalted; *humility* is the foundation of prayer, only when we humbly acknowledge that “we do not know how to pray as we ought,” are we ready to receive freely the gift of prayer? “Man is a beggar before God.”

**1784** The education of the conscience is a lifelong task. From the earliest years, it awakens the child to the knowledge and practice of the interior law recognized by conscience. Prudent education teaches virtue; it prevents or cures fear, selfishness and pride, resentment arising from guilt, and feelings of complacency, born of human weakness and faults. The education of the conscience guarantees freedom and engenders peace of heart.

### **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...*