

THE GODLY MAN – *Episode 1: The Godly Man is Patient*



Team Member Name: _____ Date: _____

Game Strategy – We want what we want when we want it. We don't like to be kept waiting, do we? But doesn't that attitude show a lack of respect for 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

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. List some of the things that have made you lose your patience over the last month.
2. What seems to cause you not to be patient with others, especially your loved ones?
3. When has the lack of patience caused a problem in your life in the past?
4. Here are some spiritual tools you can use to help you overcome your lack of patience.
Prayer – Phil 4:6-9 Scripture – Psalms Meditation – quiet your mind Rosary Reconciliation
Can you think of any other tools? What tools do you use the most and why?
5. Read Ephesians 5:25, 6:4. How does understanding these verses help you to be more patient with your family members?
6. Can you think of a role model in your life who epitomizes patience? What do you think keeps them so patient?

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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. Identify and pray for the person with whom you are the least patient.
2. Give God the first fruits of your time. Pray the rosary.
3. Ask the Lord to give you patience.

Complete your **Personal Action Item**. 

Scripture References

1 Corinthians 13:4
Romans 8:28
Galatians 5:19-24
Ephesians 4:1-3

Philippians 4:6-9
Ephesians 5:25
Ephesians 6:4

Coaching Tips

How can we be more patient?

- Love begins with patience
- Imitate Jesus
- Put on the Lord Jesus Christ

“Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections, but instantly set about remedying them – every day begin the task anew.”

~ *St. Francis de Sales*

“Patience is the companion of wisdom.” ~ *St. Augustine*

Catechism Connection

736 By this power of the Spirit, God’s children can bear much fruit. He who has grafted us onto the true vine will make us bear “the fruit of the Spirit:... love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.” “We live by the Spirit”; the more we renounce ourselves, the more we “walk by the Spirit.”

2219 Filial respect promotes harmony in all of family life; it also concerns relationships between brothers and sisters. Respect toward parents fills the home with light and warmth. “Grandchildren are the crown of the aged.” “With all humility and meekness, with patience, [support] one another in charity.”

2668 The invocation of the holy name of Jesus is the simplest way of praying always. When the holy name is repeated often by a humbly attentive heart, the prayer is not lost by heaping up empty phrases, but holds fast to the word and “brings forth fruit with patience.” This prayer is possible “at all times” because it is not one occupation among others but the only occupation: that of loving God, which animates and transfigures every action in Christ Jesus.

See Also: **1832, 854, 2046**

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...