

THE GODLY MAN – *Episode 3: The Godly Man is Humble*



Team Member Name: _____ Date: _____

Game Strategy – “Oh Lord it’s hard to be humble when you’re perfect in every way.” Remember that line from the old Mac Davis song? Being humble is really being willing to accept the truth about ourselves.

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. A humble man “does not think less of himself, but he thinks of himself less.” Do you consider yourself to be a humble man? Why? Why not?
2. In Philippians 2:3-8 Paul talks about Jesus Christ taking the form of a servant – and humbled himself even to death on a cross for us. What can we learn from this passage that will help us better understand the real meaning of humility?
3. Read 2 Corinthians 12:10. How does accepting the trials, sufferings, and tribulations in our life help us to become more humble?
4. Everything that we have is a gift from God. Do we use these gifts and talents to exult ourselves or to exult God? Explain.
5. Do you think that your society today humbles itself and gives God the glory or do we have a self-sufficient attitude that we don’t need God?
6. Who is the most humble man that you know? What makes him so special?

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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. Think about how you can be a better servant.
2. Allow yourself to be humble before God. Micah 6:8
3. Reflect on these humble people -Mary, Joseph, John the Baptist.

Complete your **Personal Action Item**. 

Scripture References

Philippians 2:3-8
Romans 1:18
Colossians 2:1
James 4:6

2 Corinthians 12:10
Proverbs 29:23
Micah 6:8

Coaching Tips

“It was pride that changed angels into devils; it is humility that makes men as angels.” ~ *St. Augustine*

“Humility is the foundation of all the other virtues hence, in the soul in which this virtue does not exist there cannot be any other virtue except in mere appearance.” ~ *St. Augustine*

God made many promises to the humble. He tells us that, “He will hear your cry. He will not forget your cry. He will not forget you. You will hear the good news and be glad. You will see and be glad. He will uphold you. He will revive you. He will save you. He will give you grace. He will exalt you.”

Catechism Connection

520 In all of his life Jesus presents himself as our model. He is “the perfect man,” who invites us to become his disciples and follow him. In humbling himself, he has given us an example to imitate, through his prayer he draws us to pray, and by his poverty he calls us to accept freely the privation and persecutions that may come our way.

2779 Before we make our own this first exclamation of the Lord’s Prayer, we must humbly cleanse our hearts of certain false images drawn “from this world.” *Humility* makes us recognize that “no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him,” that is, “to little children.” The *purification* of our hearts has to do with paternal or maternal images, stemming from our personal and cultural history, and influencing our relationship with God. God our Father transcends the categories of the created world. To impose our own ideas in this area “upon him” would be to fabricate idols to adore or pull down. To pray to the Father is to enter into his mystery as he is and as the Son has revealed him to us.

2554 The baptized person combats envy through good-will, humility, and abandonment to the providence of God.

See Also: **2559, 2219, 2712-2713, 299, 2631, 2800**

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...