

## THE GODLY MAN – *Episode 8: The Godly Man is Pure*



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

**Game Strategy** – All the willpower in the world can't save us from impurity, but God's grace is sufficient.

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. In our society today, there seems to be an attack on purity on all fronts. What are some of the tactics that the devil uses to lure us into impurity? Read James 1:13-15.
2. What are some of the spiritual devices that we can use to protect our purity?
3. The King David succumbed to temptation and sins of lust and murder – by just a glance. What are the things that we are glancing at that lead us into temptation and sin?
4. If we have continuously fallen into sins of impurity, what are some of the ways, that the team mentioned with the help of the Holy Spirit, that we can overcome these temptations and sins?
5. If we continually fall into sins of impurity, what are some of the things we can do to break this bad habit (addiction)? Read James 4:7-8.

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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. Find someone you trust and be honest about your struggles.
2. Psalm 119:9-11
3. Ask the Blessed Mother for help and pray the rosary.

Complete your **Personal Action Item**. 

### **Scripture References**

James 1:13-15	1 Chronicles 28:9
James 4:7-8	Psalm 139:23-24
Matthew 5:8	Psalm 119:9-11
Matthew 15:19-20	Jeremiah 31:33
Matthew 6:33	1 Peter 4:2
Matthew 22:37	Ephesians 1:16-18

### **Coaching Tips**

The Battle for Purity:

- The heart is the seat of the decision
- To be pure is what God wants
- Keep the eyes of your heart open
- Seek and hunger for righteousness
- Be single minded for God
- God has the victory

“When you have sought the company of a sensual satisfaction, what loneliness afterward!”

~St. Josemaria Escriva

Lust indulged starves the soul, but fools hate to turn from evil. ~ Proverbs 13:19

### **Catechism Connection**

**2525** Christian purity requires a *purification of the social climate*. It requires of the communications media that their presentations show concern for respect and restraint. Purity of heart brings freedom from widespread eroticism and avoids entertainment inclined to voyeurism and illusion.

**2532** Purification of the heart demands prayer, the practice of chastity, purity of intention and of vision.

**2519** The pure in heart are promised that they will see God face to face and be like Him. Purity of heart is the precondition of the vision of God. Even now it enables us to see according to God, to accept others as neighbors; it lets us perceive the human body – ours and our neighbor’s – as a temple of the Holy Spirit, a manifestation of divine beauty.

**2530** The struggle against carnal lust involves purifying the heart and practicing temperance.

**2533** Purity of heart requires the modesty which is patience, decency, and discretion. Modesty protects the intimate center of the person.

See Also: **2523, 2527, 2531**

### **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...*