

THE GODLY MAN – *Episode 11: The Godly Man is Joyful*



Team Member Name: _____ Date: _____

Game Strategy – Joy is more than happiness. Jesus endured the cross for the joy set before Him. Can we do the same?

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. Read Philippians 4:4 and 1 Thessalonians 5:16. Joy is one of the characteristics that should mark a Christian. Why do you think this is so?

2. Scripture tells us that we should even be joyful in times of trials and suffering. Read James 1:2-4. Why should we be joyful during times of trial and suffering?

3. Scripture also says, “the joy of the Lord is our strength.” Do you really believe that statement? And, how do we gain strength from the joy of the Lord?

4. It seems as though there is a lack of joy in the world. Why is joy missing in many people’s lives? Is it missing in your life? 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. If you want joy, pursue God. Psalm 16:9
2. Recommit yourself to unity with the Catholic Church.
3. Check your attitude. Do you have a joyful spirit?

Complete your **Personal Action Item**. 

Scripture References

Psalm 28:7	Galatians 5:21-22
Psalm 13:5-6	1 Thessalonians 5:16-18
Romans 5:1-4, 8:12	James 1:2-4
Romans 14:17	Acts: 13:52
Romans 15:13	Philippians 2:2; 4:4

Coaching Tips

Keys to being joyful:

Joy is found in Christ alone.	Have a positive attitude	Walk in the Spirit to receive more joy
No one can steal your joy.	Your heart is made for God	

“Laugh and grow strong.” ~ *St. Ignatius of Loyola*

“Joy is a net of love by which you can catch souls.” ~ *Blessed Mother Teresa*

“Man cannot live without joy; therefore when he is deprived of true spiritual joys it is necessary that he become addicted to carnal pleasures.” ~ *St. Thomas Aquinas*

Catechism Connection

1765 There are many passions. The most fundamental passion is love, aroused by the attraction of the good. Love causes a desire for the absent good and the hope of obtaining it; this movement finds completion in the pleasure and joy of the good possessed.

1821 We can therefore hope in the glory of heaven promised by God to those who love Him and do His will. In every circumstance, each of us should hope, with the grace of God, to persevere to the end and to obtain the joy of heaven as God’s eternal reward for the good works accomplished with the grace of Christ.

1772 The principal passions are love and hatred, desire and fear, joy, sadness, and anger.

2657 The Holy Spirit, who instructs us to celebrate the liturgy in expectation of Christ’s return, teaches us to pray in hope. Conversely, the prayer of the Church and personal prayer nourish hope in us. The psalms especially, with their concrete and varied language, teach us to fix our hope in God: “I waited patiently for the LORD; he inclined to me and heard my cry.”⁸ As St. Paul prayed: “May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.”

See Also: **2015, 2500, 2615**

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...