

VIRTUES – Episode 8: Hope – It Changes our Lives



Team Member Name: _____ Date: _____

Game Strategy – Men, life can seem so meaningless, our world filled with hopelessness. Maybe it's because we're hoping for things that are temporary: a new car, a better job, winning the lotto. But true hope causes us to live differently. It changes our lives.

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 personal definition of Hope?
2. Our Hope is based on the Cross and the Resurrection. Cite how the Cross can be the reason for our Hope. Cite some reasons why the Resurrection is a reason for our hope.
3. How was St. Maximilian Kolbe able to overcome torture and fear at Auschwitz and turn it into hope for himself and his fellow prisoners?
4. There seems to be a growing “lack” of hope in this world. Why do you think that the “lack of hope” is so prevalent? How do you think we can change this attitude of despair and bring it back to a positive attitude of “hope?”
5. Has there been a time in your life that you were on the verge of losing hope? What caused this? What measures did you use to correct it? (Romans 5:3-5).
6. How do you think that surrounding ourselves with other solid Christian men can build-up our hope?
7. Facing trials, tribulations, and sufferings can often lead to hopelessness and despair. How does practicing our faith give us the strength to deal with these events in our life without losing hope? Can you cite an example in your own life or the life of someone you know, when faith pulled them through?

VIRTUES -- Episode 8: Hope – It Changes Our Lives

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. Ask the Holy Spirit for help! (Romans 5:5)
2. Take God at His Word. He wants the best for you. Trust Him.
3. For the next 30 days, turn your life over to the Lord through prayer, Scriptures and going to Mass more than on Sunday.

Complete your **Personal Action Item**. 

Scripture References

Isaiah 40:31

2 Maccabees 7:14

Romans 5:3-5

Romans 8:24

1 Peter 1:3

Coaching Tips

Hope actualizes faith and results in love.

Hope changes our lives because it changes the way we see the world around us including the people around us.

We must maintain hope in the face of all challenges.

What we see in Christ is for us also. Jesus rose from the dead. We too will rise not only from our current challenges but one day we will rise to eternal life with Jesus!

Catechism Connection

1968 The Law of the Gospel fulfills the commandments of the Law. The Lord's Sermon on the Mount, far from abolishing or devaluing the moral prescriptions of the Old Law, releases their hidden potential and has new demands arise from them: it reveals their entire divine and human truth. It does not add new external precepts, but proceeds to reform the heart, the root of human acts, where man chooses between the pure and the impure, where faith, hope, and charity are formed and with them the other virtues. The Gospel thus brings the Law to its fullness through imitation of the perfection of the heavenly Father, through forgiveness of enemies and prayer for persecutors, in emulation of the divine generosity.

1817 Hope is the theological virtue by which we desire the kingdom of heaven and eternal life as our happiness, placing our trust in Christ's promises and relying not on our own strength, but on the help of the grace of the Holy Spirit. "Let us hold fast the confession of our hope without wavering, for he who promised is faithful." "The Holy Spirit... he poured out upon us richly through Jesus Christ our Savior, so that we might be justified by his grace and become heirs in hope of eternal life."

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 one 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. In hope, the Church prays for "all men to be saved." She longs to be united with Christ, her Bridegroom, in the glory of heaven.

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...