

## MARRIAGE AND FAMILY – *Episode 4: Life After Kids*



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

**Game Strategy** – Well, after years of raising children who are now starting their own families, perhaps your own parents are aging and need your help. Where does that leave your marriage?

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. One morning you and your spouse wake up and realize that you now have an ‘empty nest’ – what was your reaction? What do you think your reaction will be?
2. To cope with this change, what adjustments do you think the two of you need to make? What do you think was or will be the most difficult adjustment? Why?
3. We never stop becoming parents even though our children move out of the house. How do you continue parenting children in college? Millennials? Young adult? Adult children?
4. As coach Danny travels around the country speaking, he mentions that the number one problem affecting elderly parents is adult children not practicing the faith. Why do you think that so many adult children are not practicing their faith? Is this true in your family? How do you think we (you) should address this problem?
5. What are some of the consequences to this dilemma?
6. How can you evangelize your adult children? Grandchildren?
7. People are living longer. Do you think that the care of elderly parents seems to be a problem in our society? What do you think that your responsibility is to the care of your elderly parents? What are some of the difficulties in supplying this care? What are some of the blessings?

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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. Never forget that your life has infinite value – God knows you and loves you.
2. Express the gratitude you have in your heart for your parents.
3. Look at the positive things each of you brings to the marriage.

Complete your **Personal Action Item**. 

### **Scripture References**

*Coming Soon!*

*The CTG Team is working on selecting material for this section.*

### **Coaching Tips**

We never stop being the parents. We have to be there for our grown children and keep communicating. This can be a difficult challenge as they go and grow in different directions. Be a dad but don't interfere in their families and don't advise where it is not warranted. We can help be responsible for the spiritual welfare of their children. Grandparents can have very impactful relationships with their grandchildren.

In taking care of our parents we need to remember that pro-life applies to the old as well as the young. We have to give them respect and simply be there for them; letting them do things their way as much as possible. We must learn to go with the flow and be patient, thinking of them as God's blessing to us and remembering all that they have done and sacrificed for us.

### **Catechism Connection**

**2252** Parents have the first responsibility for the education of their children in the faith, prayer, and all the virtues. They have the duty to provide as far as possible for the physical and spiritual needs of their children.

**2218** The fourth commandment reminds grown children of their *responsibilities toward their parents*. As much as they can, they must give them material and moral support in old age and in times of illness, loneliness, or distress. Jesus recalls this duty of gratitude.

For the Lord honored the father above the children, and he confirmed the right of the mother over her sons. Whoever honors his father atones for sins, and whoever glorifies his mother is like one who lays up treasure. Whoever honors his father will be gladdened by his own children, and when he prays he will be heard. Whoever glorifies his father will have long life, and whoever obeys the Lord will refresh his mother.

O son, help your father in his old age, and do not grieve him as long as he lives; even if he is lacking in understanding, show forbearance; in all your strength do not despise him.... Whoever forsakes his father is like a blasphemer, and whoever angers his mother is cursed by the Lord.

### **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...*