

MARKS OF A TRUE CHRISTIAN – *Episode 7: Patience in Tribulation*

Team Member Name: _____ Date: _____



Game Strategy – We're under pressure, men, and we can either let the pressures of life overwhelm us or face them with active, steadfast endurance – relying on God's grace to carry us through.

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. All of us have or will face tribulations in our lives. What are some tribulations that you have faced or are facing in your life? How do you think that you handled them?

2. What is your best way in dealing with trials, tribulations, and sufferings?

3. Do you find it more difficult to see your loved ones dealing with tribulations in their lives? Why do you think that's so? How do you help them deal with the tribulations?

4. What do you think is the best way to prepare for trials, tribulations, or suffering?

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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. God is always with us!
2. Place your hope in heaven.
3. Ask the Lord for strength.

Complete your **Personal Action Item**. 

Scripture References

Coming Soon!

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

Coaching Tips

Coming Soon!

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

Catechism Connection

Coming Soon!

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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...