

JESUS SAID – *Episode 5: Wake up!*



Team Member Name: _____ Date: _____

Game Strategy – “So, could you not watch with me one hour?” Jesus said this during his agony in the garden. He put the question to the disciples who were napping while He suffered. Could we do any better?

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. Quickly jot down your daily and weekly schedule of activities. How much time is allotted to the Lord? What does this say to you?
2. Spending time with Jesus happens not just when we pray, read Scriptures, go to Mass, pray the Rosary, etc. Spending time with the poor and those in prison is also a way to spend time with Jesus. What is Jesus calling you to do to spend time with him?
3. In Matthew 26:41, Jesus says, “that the spirit indeed is willing, but the flesh is weak.” What do you think that Jesus is telling us in this Scripture passage?
4. How can you overcome these obstacles of the flesh?
5. How much time (each day or week) does your family allot to the Lord? Can you suggest some ways to improve on this?

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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. Watch and Pray. How much do I pray?
2. Our time is short. We should have a sense of urgency.
3. Examine your diversions. Find a balance in what you are doing. How much time do you spend on the spiritual part?

Complete your **Personal Action Item**. 

Scripture References

Matthew 26:41

Mark 14:32-41

Romans 8:12-14

Galatians 5:19-24

Joel 1:5-7

1 Thessalonians 5:17

Hebrews 4:16

Luke 22:39-41

Coaching Tips

We fall asleep literally, figuratively and spiritually. The world is constantly urging us to put self ahead of God. We, like the Apostles, are there, but not there, and the only way to combat this is through prayer.

Jesus refers to man's inner struggle, where the flesh, wounded by sin, is constantly at war with the spirit (Rom 8:12-14; Gal 5:19-24). The graces we need to overcome our weaknesses must be sought through persistent prayer (1 Thess 5:17; Heb 4:16). Although the power of the Holy Spirit enables us to live victoriously, the struggle is not minimized or made easy. Coach Danny reminds us that we have to reserve quality time for prayer and meditation - from the time we open our eyes in the morning.

Revisit the final moments of Jesus' life with the Disciples. Read and reflect on John chapters 13-17. John has described in detail who we are, our relationship with Jesus, and what we must do and how we should do it. Yet, we are asleep regarding so many issues: faith, family, sexuality.

“The Faith is in danger of dying out due to the lack of fuel.” ~ *Pope Benedict XVI*

“I have concentrated all my prayers into one, and that one prayer is this, that I may die to self, and live wholly in Him.” ~ *Charles Spurgeon*

Catechism Connection

2612 In Jesus “the Kingdom of God is at hand.” He calls his hearers to conversion and faith, but also to *watchfulness*. In prayer the disciple keeps watch, attentive to Him Who Is and Him Who Comes, in memory of his first coming in the lowliness of the flesh, and in the hope of his second coming in glory. In communion with their Master, the disciples' prayer is a battle; only by keeping watch in prayer can one avoid falling into temptation. (672, 2725)

See Also: **2719, 2742, 2849**

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...