

## Leader's Guide

### General Suggestions & Answers

This section of the study contains the answers to the objective questions and additional background information to supplement the study. Answers to the numbered questions throughout the chapters are found in this "Leader's Guide" section. You may feel free to include or exclude any questions or information as you progress through the study.

#### As the Leader:

Each meeting time should begin and end in prayer. You may have members share personal prayer requests or commit to praying for one another throughout the week.

Your job is to facilitate and move the discussion along, correct misunderstandings, and answer questions. You will want to prepare for the study by doing the chapters and preparing extra questions beforehand. You may suggest that the members read or complete the assigned chapter before they arrive as well.

Spend some time each week praying for the success of the study and the members in your group.

#### Memory Verse

Each week the leader may bring an index card with the memory verse written on it for each student in their study. The leader can encourage the athletes to keep the card in their locker, on their mirror, or wherever they choose in order to remember the lesson of the week. The leader may also choose to not pass out the memory verse and just meditate on the verse for themselves while prepping for the study in order to get more insights when sharing the verse.

## Chapter One: The Call to Greatness

1. Made to do great things, to be great people, to be successful, etc.
2. Laziness, mediocrity
3. Sacrifice, hard work, etc..
4. No, have a lot of sacrifices to make, have to get up early, work hard, miss some of the social scene
5. It wouldn't be easy or a walk in the park. As athletes we understand that greatness in our sport requires hard work, sacrifice, and risks. We know about greatness as athletes and the hard work and sacrifices that go into it.
6. Avoiding discomfort and pain and living a comfortable life sneaks into all areas of our life. It seems that everything we do involves trying to be comfortable -- we are wired for comfort!
7. Get rich quick, gambling, selling drugs, steal, etc. Fast food, microwaves. Get athletic quick, use steroids or performance enhancing drugs.
8. Hard to follow Christ, hard to be a Christian in the world and on the team
9. Both lives involve sacrifice and hard work. Both lives are hard to live. Both are not easy lives to live.
10. Leader can tell a personal story of when he/she put his/her neck on the line or stood up for her faith on the team.
11. Lazy, not a good coach, doesn't care

**Leader's Note:** Magnanimity vs. Pusillanimity. Leader does not need to bring these terms up in the study unless they see that it would add to the study and discussion. This section is more for the leader's knowledge in helping understand more what we truly mean by the Call to Greatness)

**Magnanimity:** greatness in all things.

- o Magnanimity gives us the courage to enlarge our heart and undertake a great work with confidence in God. Doing something because it is great and the better thing to do without seeking awards or accolades.

-- Examples: athlete fighting though the pain of their 15th set of bleachers, and finishes hard; a soldier who runs through enemy lines to save a fallen fellow soldier, Mother Teresa's work with the poorest of the poor in India.

-- Emphasize the difference between doing great things because they are great and worthy of doing and doing things because of the acclaim.

**Pusillanimity:** weakness of soul. A disposition that leads us to underestimate our own power by which we are paralyzed. It involves having the necessary gifts but lacking the courage to act because of fear or vanity. It is a spiritual sloth that fears one's own capacity for greatness.

- o causes: 1. Fear of failure; 2. Laziness

**ACTION POINT:** Have them share it with the group if they are comfortable for accountability.

## Chapter Two: Made for More

1. Sometimes to understand a word in Scripture we have to see where else it is used in Scripture. **Read Gen. 5:3**

*"Adam was one hundred and thirty years old when he begot a son in his likeness, after his image; and he named him Seth."*

Being made in the image and likeness of God implies sonship

2. Temptations of glory, fame, etc.

## Chapter Three: The Measure of Greatness

1. (Bible study leader can add a personal example on how he has dealt with personal excellence and perfection). Many times we believe that if we succeed then we have done our best and lived out our call to greatness. Conversely, if we fail, then we have not lived out our call to greatness, we have not been great.
2. One example can be an Olympian who gets a Silver Medal instead of a gold. He or she may think she is a failure because they didn't get the gold but the fact that they made it to the Olympics and are second in the world in their sport is often times overlooked.
3. St. Peter is being given his call to greatness. Jesus makes St. Peter the head of the Church. It is a big calling. The name 'Peter' comes from the Greek word for 'rock.' Jesus is making him the foundation on which He is building His Church. (May need to know a little background of these verses. Don't need to go into an apologetic explanation of these verses unless group is Catholic and/or you think it necessary. See "Beginning Apologetics 1: How to Explain and Defend the Catholic Faith" pgs. 14-17).
4. St. Peter fails in his loyalty to Jesus -- he fails in acting greatly.
5. He was afraid, didn't want to die, etc.
6. In these verses Jesus is giving St. Peter a "second chance." Jesus is giving Peter an opportunity to undo his denial by asking him three times, "Do you love me?" God knows that we will fail. Jesus actually predicted to Peter that he would deny him. Look at Lk. 22:31-34.
7. Worrying about appearance of performance, getting bogged down by little mistakes, playing out of fear of making mistakes, anger, anxiety, stubbornness, lack of motivation, distractions, self-consciousness, see Gary Mack, Mind Gym, pg. 42-46
8. - Set intermittent goals that are aimed at reasonable improvement, not perfection.  
- Tell yourself every day, "it is okay to fail if I am trying my best" -- fear of failure increases our chances of failure.  
- Train your mind to dismiss negative/critical thoughts that might affect your

performance in a negative way. In this way, hopefully you will increase your positive thoughts and their affect on you.

(For Men: Story of Tim Tebow) (Could use both stories for men and women or choose only one)

## Chapter Four: Motivated by Love

1. From the Navarre Bible Commentary on Matthew: "Certainly, the perfection that we should imitate does not refer to the power and wisdom of God, which are totally beyond our scope; here the context seems to refer primarily to love and mercy."
2. - Let's demonstrate (tennis ball drill or snapping exercise).  
- Our attitude and mind affect our performance. When our mind is sharp, we are more focused, and able to reach a greater potential in our physical performance because we are putting more of our energy and concentration into that action. When we become frustrated, arrogant, glory seeking, selfish, etc., we decrease our focus and our ability to perform the task at hand, whether that be shooting a free throw or executing a move.
3. To lay down one's life for one's friends.

## Chapter Five: The Call to Greatness: Martyrs/Witnesses

1. Pray before/after competitions, positive and encouraging attitude towards teammates, etc.
2. I don't think we are all called to do this, but it definitely makes you stop and wonder how much value are you putting into sports vs. your faith. Rebecca quotes Mt. 16:26, "What does it profit a man if he gains the whole world, and loses his soul in the process?"
3. Chastity ring, going to Mass on Saturday, etc.
4. Leader share personal story if time and opportunity permits
5. Have them share if they are comfortable. This will be good to share ideas.





