



The Sports Junkie Huddle is a six-session men's small-group study. Each session is based on a specific part of *A Sports Junkie's Guide to the Spiritual Life* and the CHAMPS virtue associated with that part of the book. Participants read the assigned part of the book in advance, and then each session is facilitated by a set of questions and points for reflection.

Growth in brotherhood and faith are the central goals of The Sports Junkie Huddle. Men are encouraged to approach the huddles with openness and a willingness to share. When we as men move beyond just sports talk, our faith can bloom. Enjoy and let the games begin!

Format

Opening Prayer

Small Group Discussion Using Session Questions & Points of Reflection

Closing Prayer

Session One

The Making of a Sports Junkie

Living for the World

Virtue: Authenticity

Pre-read: Chapters 1-3

Part One of *A Sports Junkie's Guide to the Spiritual Life* encourages us to fearlessly live the CHAMPS virtue of Authenticity. It describes experiences of living for worldly rewards and what this culture tells us is important.

Questions and Points for Reflection

These can be discussed in any order; let the Holy Spirit move your conversation

- How does your childhood and upbringing affect who you are today?
- Do you realize or appreciate any “spiritual seeds” planted in you when you were young?
- Reflect on how the role of faith has increased or decreased in each decade of your life.
- What are your priorities in life? Are they about this world or eternity?
- If and when you have been focused on worldly things, have you sensed there is more? What were some of those tugs on your heart?
- Reflect on the ways the world pulled on you in college and beyond.
- What worldly passion do you love so much that it might reach the point of worship?
- Have you had periods in your life when you valued the game on Sunday more than Sunday Mass?
- Reflect on your favorite team and see if your devotion to that team is in its proper perspective.
- What are your thoughts on the virtue of authenticity's role in helping us conquer the pull of the world?

Session Two

Finding The Real MVP

Finding & Sharing Christ

Virtue: Humility

Pre-read: Chapters 4-6

Part Two of *A Sports Junkie's Guide to the Spiritual Life* urges us to be countercultural with the CHAMPS virtue of Humility. It shares how the author found Christ and provides insights into sharing Christ with others.

Questions and Points for Reflection

These can be discussed in any order; let the Holy Spirit move your conversation

- What has brought you closer to your faith? What has pushed you away?
- Have you ever felt a chord struck within you, drawing you closer to Christ?
- How have your peers inspired (or not inspired) your faith with their witness?
- Reflect on your faith journey, consider the highs and lows, and where you want to get to.
- Even sports junkies are looking for Christ. Where can you evangelize?
- Do you invite others to get closer to Christ?
- Have you been stopped by trying to qualify people (i.e., figuring out how many stars they are)?
- Reflect on missed opportunities and how you can seize them with a simple invitation in the future.
- Have you taken evangelizing mission trips? What was the best part?
- Have you ever done or considered prison ministry? Does fear hold you back?
- Reflect on what mission field God is calling you to.
- What are your thoughts on the virtue of humility's role in allowing us to open our hearts to Christ?

Session Three
A Team on a Mission
The Calling to Life & Adoption

Virtue: Purposefulness

Pre-read: Chapters 7-9

Part Three of *A Sports Junkie's Guide to the Spiritual Life* implores us to prayerfully live our lives with purpose (the CHAMPS virtue of Purposefulness). Knowing why God put you on this planet is a gift of the Holy Spirit and enables you to live a purpose-driven life.

Questions and Points for Reflection

These can be discussed in any order; let the Holy Spirit move your conversation

- Have you ever viewed the teachings of the Catholic Church as a cafeteria?
- Do you struggle with the Church's teachings on life? Why?
- Is adoption something you have contemplated as part of your pro-life stance?
- Reflect on how you support and promote life.
- Have you ever made a plan, but God made it clear to you that He had a bigger one for you?
- When has the difficulty of executing a plan kept you from pursuing what you feel you are called to?
- Reflect on how you trust (or maybe don't trust) in God's plans for you.
- Have you felt called to ministry?
- When has the difficulty of executing a plan kept you from pursuing what you feel you are called to?
- Have you had the Holy Spirit tugging on your heart as we did, but needed a "Rosary in a Vineyard" moment to act on it?
- What are your thoughts on living with great purposefulness and intentionality? How do you accomplish this? What are your insights?

Session Four
Are You Coachable?
Seeking & Responding to God's Will

Virtue: Courage

Pre-read: Chapters 10-12

Part Four of *A Sports Junkie's Guide to the Spiritual Life* pushes us to boldly live the CHAMPS virtue of Courage. It takes courage to be open to truly discerning God's will and then even more courage to overcome fear and act on it.

Questions and Points for Reflection

These can be discussed in any order; let the Holy Spirit move your conversation

- Do you actively try to discern God's will for your life? What are the challenges?
- Have you had a "God, you want what?" moment? Reflect on your response to that.
- Is there a significant life decision that you made & realized God was not part of it?
- Reflect on a time you have had true hope for God's will in your life.
- Do you view your place of work as a field of evangelization?
- What are the challenges that you have in living your faith at work? How do you overcome these challenges?
- Have you had a "no good deed goes unpunished" experience at work? How did you maintain your faith through it?
- Reflect on how work integrates with, supports, or challenges your faith journey.
- Do you seek silence in your life? Do you avoid it?
- What are the regular challenges that you have in finding silence? How do you overcome these challenges?
- Have you ever attended a silent retreat or a similar event? Would you?
- Reflect on how you find silence to deepen your relationship with Christ.
- What are your thoughts on the role courage plays in seeking & living God's will?

Session Five

Teammates

Family, Friends & Christian Community

Virtue: Service

Pre-read: Chapters 13-16

Part Five of *A Sports Junkie's Guide to the Spiritual Life* asks us to passionately live the CHAMPS virtue of Service. Living the virtue of service fuels relationships and builds teammates in life whom you can trust.

Questions and Points for Reflection

These can be discussed in any order; let the Holy Spirit move your conversation

- What are the attributes of your spouse (or future spouse) that you most value?
- How is Christ at the center of your marriage?
- Reflect on how you can improve your Christ-centered marriage or achieve one.
- Who in your life is “bigger than life” in the way they live and impact you?
- Do you think about your impact? What would your obituary say? Would it highlight worldly achievements or eternal virtues?
- If you had to pick one virtue to live by, what would it be?
- Do you have men in your life whom you would consider brothers? What are you doing to foster those relationships? If not, what can you do to find some?
- Reflect on how brotherhood impacts your life or could change your life.
- Do you have a strong Christian community that you are blessed to be part of?
- How do you engage in community at church or school? What opportunities are you missing?
- Reflect on a time when Christian community has most impacted your life.
- What are your thoughts on the role the virtue of service plays in building community and relationships that last a lifetime?

Session Six
Sports Junkie Fun & Reform
Keeping the Joy of Sports in Proper Perspective

Virtue: Moderation

Pre-read: Chapters 17-19

Part Six of *A Sports Junkie's Guide to the Spiritual Life* bids us to unapologetically live the CHAMPS virtue of Moderation. Excess is the opposite of moderation, and is at the heart of many of the challenges we see in the sports world today.

Questions and Points for Reflection

These can be discussed in any order; let the Holy Spirit move your conversation

- Are your sports passions in their proper perspective?
- Have you ever reflected on why you care so much about that big game your favorite team is in?
- Consider how sports impact your life and how the experience could be more positive.
- Have you coached? In coaching, have you been the type of coach you want to be?
- What do you think of the current trends in youth athletics? Have you let your kids' dreams guide them, or have you interjected your dreams?
- Reflect on a coach who was a difference maker for you. Did this coach change your trajectory?
- When has being a sports fan brought you closer to your faith or pulled you away from it?
- How do you measure winning? What, in your view, creates a champion?
- Reflect on the highs and lows that you have had as a sports fan. Have you kept these in context?
- What are your thoughts on the role the virtue of moderation plays in improving sports while putting them in their proper perspective?

CHAMPS Virtues

Courage

Responds to God's will with Courage

Humility

Has the Humility to seek Christ

Authenticity

Lives Authentically in the world

Moderation

Applies Moderation to passions, including sports

Purposefulness

Prioritizes a life of Purposefulness

Service

Is dedicated to Service to others