

## PERSONAL TRAINING

### YEAR 1, 4th Sunday of Ordinary Time

Print one “Personal Training” handout for each participant. It’s best to print each page separately (not double-sided).

Explain to participants that an inability to recognize our thirst for God causes us to fill this longing for love with all sorts of worldly fillers. The saints were greatly tempted to obtain the comforts and pleasures of the world in place of God. However, not wanting to be satisfied with the world and death but throwing their hopes in life and heaven, they trained their bodies to remember that things of this world, while attractive and available, can never in all actuality fill their need for God who they know to be the very source and summit of their lives.

Distribute Personal Training handouts and instruct participants that they are going to come up with a personal Training Plan to kick your body into God-loving gear. Review the various “healthy habits” in comparison to the “filler habits”. Ask participants to consider if they’re guilty of any of these filler habits or of any others they know are bad habits that they wish they could break.

Instruct participants to consider their typical day and fill in the schedule as best they can as to what an average day’s activities look like for them. Then, considering how those bad habits compare to better habits, schedule a brand new day’s schedule. Everyone can improve their training plan: consider if you are trying to build a beginner’s or an expert’s schedule and build your new day.

Ask participants to share some of the new habits they have scheduled into their new day. Reflect with participants that we get to know and love God through love and prayer. If prayer isn’t part of our day, we must start by purposefully making it a part of our day. Healing/getting into shape in one area always benefits the others as well: there is crossover between categories. Good habits beget more good habits.