



# **The 5 Minute Game Plan**

A Catechesis Supplement for Youth Sports

Complete Fall Sports Edition

Created by Peter Piscitello, Executive Director, CYO of Johnson and Wyandotte Counties.

## 5 Minute Game Plan

August 1, 2013

Dear CYO Coaches,

Greetings and welcome to a new year of CYO Sports! We're thrilled you have taken the time out of your busy schedule to be involved in such a fantastic ministry; by coaching our youth and helping them to develop as persons and athletes, you are making an impact that is larger than you probably even imagine. We sincerely appreciate your efforts to this end and look forward to working with you in the coming season.

The most important part of developing any child is helping that child to grow in his or her relationship with God. With that in mind, we have created the enclosed materials. Titled *The 5 Minute Game Plan*, the goal is for this to be exactly that: a 5-10 minute supplement to CYO practices that creates a curriculum for faith formation in our CYO. We have worked our Archdiocesan schools and School of Religion programs to create a program that supplements the specific themes and curriculum addressed in your child's primary faith formation. Of course, we have also taken into account that their primary formation begins at home. On this page and the one that follows, I will provide an overview of your role as a coach, and instructions on how to implement this new requirement within your team.

First, a quick word of encouragement. We understand that the majority of our parents weren't theology majors or may not even be comfortable praying in front of a group of children. I can assure you that this program has been developed so that it can be implemented by anyone. Simply follow these instructions and you will be on your way to a truly fulfilling addition to practice each week. It's as simple as following each week's lesson in this packet.

As you may have already noticed, this packet is split into a couple of parts. First you will find an overview of the entire year that includes the theme, scripture and saint for each week. Then you will find the individual "lessons." The requirement is simple: at your team's first practice of each week, you will need to begin practice with the lesson for that week. Lessons begin with the second week of preseason and go until the end of the season for each sport. Within each lesson, you will find the following:

- Theme: based on age-appropriate themes from school and religious education curriculum
- Scripture: a weekly scripture passage based on the theme
- Saint or Topic: a relevant Saint or topic that helps convey the scripture and theme
- Discussion Question: 1-2 Questions that help connect the theme to individual and team
- Practice Plan: A tip for coaches on how to make this theme come alive during practice
- Prayer: A prayer that will close the lesson and lead into practice
- Post-Practice Prayer: A simple reminder of the week's theme and closing prayer

That's it, a full lesson that should take 5-10 minutes depending on discussion and is fully scripted. We also encourage you to involve the children by having them take turns reading the scripture each week and say the prayers. Either the head coach or assistant should usually lead the saint/topic and discussion, but you can simply read the material on the page. You can certainly take some time to prepare prior to practice if you desire, but the program is designed so that you can simply take the lesson to practice and use it without preparation. We have also

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encouraged parishes to adjust practice times so that this time is “added” to the allotted time and not a part of your hour or so of practice time. Remember that this only takes place at the first practice of each week, though following up during other practices that week is a great idea.

Again, we appreciate your time as a volunteer coach and your implementation of this new requirement. Our goal is not to add to anything to your already busy schedule, but rather to create a program that can be easily implemented each week to greatly enrich the spiritual element of practice and supplement a child’s primary faith formation curriculum. As you probably already understand, the impact that sports has on children is dramatic and can be very positive; by connecting sports to concrete topics from scripture and theology, we hope to draw parallels that can help transform lives and deepen the relationship each child has with God. We hope that you’ll find this process to be fruitful and rewarding for your children and you as a coach.

Of course, if you have any questions do not hesitate to contact your Athletic Director or our CYO Office. Our office can be reached at (913) 384-7377 or by email at [admin@cyojwa.org](mailto:admin@cyojwa.org). More information about this initiative, including lessons for all ages and seasons, is available online at [www.cyojwa.org](http://www.cyojwa.org). Best wishes this season and know I will be praying for you and your team!

In Christ,

A handwritten signature in black ink, appearing to read "Peter J. Piscitello". The signature is stylized and cursive.

Peter J Piscitello  
Executive Director, CYO

## 5 Minute Game Plan

Season and Practice Week Number



### SAMPLE PLAN WITH INSTRUCTIONS

Fall Sports Preseason Week 1

Theme: The Trinity

Scripture: 1 John 5:7-9

Scripture length may differ based on curriculum in schools (if a specific verse is required in school, entire verse was generally placed here)

Read aloud by coach or child

"And the Spirit is the witness, because the Spirit is the truth. There are three witnesses, the Spirit, the water and the blood; and these three agree. If we receive the testimony of men, the testimony of God is greater; for this is the testimony of God that he has borne witness to his Son."

Saintly Example: Saint Patrick

Coach reads written script aloud to team.

Saint Patrick is most well known for his work teaching the people of Ireland about Jesus, but he also gave us important teachings about the Holy Trinity. When he was teaching people in Ireland, he used a local plant called a Shamrock to teach about the trinity. He showed that the Shamrock has three leaves, but is still one plant; just like the Holy Trinity has three persons (God, Jesus, and the Holy Spirit) but is still one. The people of Ireland were so inspired by St. Patrick's teachings, they asked to be baptized and have carried their love of Jesus and Mary all over the world! St. Patrick was known as a courageous man who worked his entire life to help people grow closer to God and to know about the Holy Trinity.

Discussion:

Read each bullet point aloud to generate discussion. Try to get 2-3 answers each or more if time and participation allows.

- Explain that the sign of the cross is a constant reminder of the Holy Trinity. As we say "In the name of the Father, and the Son, and the Holy Spirit, we remember that God is three persons and are praying that He will guide us in our prayer!
- St. Patrick used the shamrock to teach people about God, what are some ways that you can show that you believe and God and teach others about God at school and during our sports season?

Coaches are encouraged to try to get different kids involved with discussion each week so that all are being included in discussions through year.

Practice Plan

- Ask the kids to remember the Holy Trinity every time they make the sign of the cross and to think about ways they can help spread the gospel like St. Patrick did.

A tip or theme for the coach to consider in order to connect theme through practice. Don't read aloud.

Prayer

- Jesus, we thank you for bringing us together as a team in this new season. We pray that during all our practices and games this year that we can put you first and remember you in all that we do. Help us to be safe and to have fun this year. We ask this as we pray together the Glory Be prayer: Glory Be to the Father, and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, a world without end. Amen.

Prayer can be read by coach or by child and ends "before practice" portion.

End of Practice: Remind kids about the example of St. Patrick and ask them to think about the Holy Trinity every time they make the sign of the cross. Say the following prayer to close practice:

Reminder of theme by coach.

Our Father, Who art in heaven, Hallowed be Thy Name, Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen. St. Patrick, Pray for us!

Closing prayer read by coach or child.

## 5 Minute Game Plan

### 3rd Grade Year Outline

#### Fall Seasons

- Preseason Week 1 - **Theme:** The Trinity **Scripture:** 1 John 5:7 **Saint:** Saint Patrick
- Preseason Week 2 - **Theme:** Made in the Image of God **Scripture:** Gen 1:26-27 **Saint:** None
- Regular Season Week 1 - **Theme:** God's Revelation **Scripture:** Deut 7:6 **Saint:** Blessed Mother Teresa
- Regular Season Week 2 - **Theme:** Heaven **Scripture:** John 3:16 **Saint:** The Communion of Saints
- Regular Season Week 3 - **Theme:** Introduction to Vocations & The Single Vocation **Scripture:** 1 Sam 3:10 **Saint:** Saint Joseph
- Regular Season Week 4 - **Theme:** Married Vocation **Scripture:** Matthew 19: 4-6 **Saint:** St. Joachim and St. Anne
- Regular Season Week 5 - **Theme:** Religious Vocation **Scripture:** John 15: 16 **Saint:** St. Therese of Lisieux
- Regular Season Week 6 - **Theme:** Priesthood Vocation **Scripture:** Eph 3:7-10 **Saint:** St. John Vianney
- Regular Season Week 7 - **Theme:** Mary, Mother of God **Scripture:** Luke 1: 26-31, 38 **Saint:** St. Bernadette

#### Winter Seasons

- Preseason Week 1 - **Theme:** Loving God Above All **Scripture:** Deut 6:5-7 **Saint:** St. Francis of Assisi
- Preseason Week 2 - **Theme:** God's Mercy **Scripture:** Luke 7:11-17 **Saint:** St. Peter
- Preseason Week 3 - **Theme:** Confession **Scripture:** Luke 15: 11-24 **Saint:** St. Augustine
- Regular Season Week 1 - **Theme:** Signs & Miracles **Scripture:** Luke 6:6-11 **Saint:** St. Philomena
- Regular Season Week 2 - **Theme:** Spiritual Works of Mercy **Scripture:** Matthew 25: 31-36, 40 **Saint:** None (List Spiritual Works of Mercy)
- Regular Season Week 3 - **Theme:** Forgiveness **Scripture:** Luke 5:17-26 **Saint:** St. Maximilian Kolbe
- Regular Season Week 4 - **Theme:** Praying for Living and Dead **Scripture:** None - Discuss Communion of Saints and Pray Divine Mercy **Saint:** St. Faustina Kowalska
- Regular Season Week 5 - **Theme:** Corporal Works of Mercy **Scripture:** Luke 4:38-41 **Saint:** None (List Corporal Works of Mercy)
- Regular Season Week 6 - **Theme:** Caring for the Sick **Scripture:** Luke 5:12-16 **Saint:** Fr. Damian of Molokai
- Regular Season Week 7 - **Theme:** Feeding the Hungry **Scripture:** Isaiah 58:10-11 **Saint:** St. Katherine Drexel
- Regular Season Week 8 - **Theme:** Peace and Justice **Scripture:** Matthew 7:12 **Saint:** St. Vincent de Paul
- Regular Season Week 9 - **Theme:** Service to Others **Scripture:** 1 Peter 4:10-11 **Saint:** John Bosco
- Regular Season Week 10 - **Theme:** Living Holy Lives **Scripture:** 1 Thessalonians 4:7 **Saint:** St. Dominic Savio

#### Spring Seasons

- Preseason Week 1 - **Theme:** Liturgical Seasons **Scripture:** Matthew 9:15 **Saint:** None - Discuss Feast Days & Liturgical Calendar
- Preseason Week 2 - **Theme:** The Last Supper **Scripture:** Luke 22:17-19 **Saint:** St. Thomas Aquinas
- Regular Season Week 1 - **Theme:** Jesus Gives His Life for Us **Scripture:** John 3:16 **Saint:** St. John
- Regular Season Week 2 - **Theme:** Apostles Creed **Scripture:** Luke 10:1-12 **Saint:** None - Focus on Apostles Creed
- Regular Season Week 3 - **Theme:** The Apostles **Scripture:** Matthew 10:1-14 **Saint:** St. James
- Regular Season Week 4 - **Theme:** Pentecost **Scripture:** Acts 2:1-4 **Saint:** None - Focus on Holy Spirit

## 5 Minute Game Plan

3rd Grade - Fall Sports Preseason Week 1

**Theme:** The Trinity

**Scripture:** 1 John 5:7-9

*“And the Spirit is the witness, because the Spirit is the truth. There are three witnesses, the Spirit, the water and the blood; and these three agree. If we receive the testimony of men, the testimony of God is greater; for this is the testimony of God that he has borne witness to his Son.”*

**Saintly Example:** Saint Patrick

Saint Patrick is most well known for his work teaching the people of Ireland about Jesus, but he also gave us important teachings about the Holy Trinity. When he was teaching people in Ireland, he used a local plant called a Shamrock to teach about the trinity. He showed that the Shamrock has three leaves, but is still one plant; just like the Holy Trinity has three persons (God, Jesus, and the Holy Spirit) but is still one. The people of Ireland were so inspired by St. Patrick’s teachings, they asked to be baptized and have carried their love of Jesus and Mary all over the world! St. Patrick was known as a courageous man who worked his entire life to help people grow closer to God and to know about the Holy Trinity.

**Discussion:**

- Explain that the sign of the cross is a constant reminder of the Holy Trinity. As we say “In the name of the Father, and the Son, and the Holy Spirit, we remember that God is three persons and are praying that He will guide us in our prayer!
- St. Patrick used the shamrock to teach people about God, what are some ways that you can show that you believe and God and teach others about God at school and during our sports season?

**Practice Plan**

- Ask the kids to remember the Holy Trinity every time they make the sign of the cross and to think about ways they can help spread the gospel like St. Patrick did.

**Prayer**

- Jesus, we thank you for bringing us together as a team in this new season. We pray that during all our practices and games this year that we can put you first and remember you in all that we do. Help us to be safe and to have fun this year. We ask this as we pray together the Glory Be prayer: Glory Be to the Father, and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, a world without end. Amen.

**End of Practice:** Remind kids about the example of St. Patrick and ask them to think about the Holy Trinity every time they make the sign of the cross. Say the following prayer to close practice:

“Our Father, Who art in heaven. Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen. St. Patrick, Pray for us!”

## 5 Minute Game Plan

3rd Grade - Fall Sports Preseason Week 2

**Theme:** Made in the Image of God

**Scripture:** Genesis 1:26-27

*“Then God said, ‘Let us make man in our image, after our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the earth, and over every creeping thing that creeps upon the earth.’ So God created man in his own image, in the image of God he created him; male and female he created them.”*

### Discussion:

Did you know God is always with us? Not only did He create us in his image and likeness, but He loves us far more than anyone else could possibly love us, and He is always there for us when we need Him. Just like we learned last week, there is only one God, but in God there are three persons: the Father, the Son and the Holy Spirit (remember the shamrock!). To see God in the world around us all we have to do is look...

- What are some of the things in nature that God made for us? (i.e. mountains, lakes, etc.)
- Who are some of the people we see each day that are made in the image of God?
- What or Who on this team reminds us that we are God’s special creation?
- If we are all God’s special creation, made in his image, how should we treat each other during practice and games? What about the opponent and officials?

### Practice Plan

- Ask the kids to remember during practice and the next game that each child, coach and parent is made in the image of God. Remind them that this means we should love each person and treat them with respect and kindness, just like we would treat Jesus if we met him.

### Prayer

- God, we thank you for our practice this coming week and for all the abilities you have given us so that we can play sports. Help us to remember that God created each one of us in his image, so that everyone on the field - no matter who they are or how talented they are - is an image of God. Help us to love each other and work hard so that we can glorify God in all that we do this week. Amen.

**End of Practice:** Say two great positive things about the way the kids performed during practice and remind them that they were created in the image and likeness of God. Ask them to remember that this week as they are at home, school and playing sports. Then pray this prayer:

“Glory Be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, a world without end. Amen”

## 5 Minute Game Plan

3rd Grade - Fall Sports Regular Season Week 1

**Theme:** How does God reveal himself to us?

**Scripture:** Deuteronomy 7:6

*“For you are a people sacred to the Lord, your God; he has chosen you from all the nations on the face of the earth to be a people peculiarly his own.”*

**Saintly Example:** Blessed Mother Teresa

The life of Blessed Mother Teresa is an example for everyone of the powerful love God has for each one of us. She was born in 1910 and lived until 1997, making her a fairly recent example of a saint. In caring for the poor, sick and hungry, Mother Teresa treated everyone she met with love and kindness. She knew that each person was created by God. When looking at others she said “each one of them is Jesus in disguise.” She also knew that prayer and helping others were very important things. Mother Teresa spent her entire life dedicated to helping those who needed her the most.

**Discussion:**

- Where do you see God in your life? In your family? In your friends? Teachers?
- How can we make sure we see God in others during this practice? What can we do to demonstrate the kindness and love that Mother Teresa talked about?

**Practice Plan:**

- Ask the kids to work on treating others like they would treat Jesus during practice and the next game, showing them love and kindness. Ask them to think about where they see God in their lives during practice, at home and at school.

**Prayer**

- Heavenly Father, thank you for this new season and the practices and games ahead. Help us to remember that you created each one of us and gave us special talents to use in school, at home and in sports. We pray that we may each follow the example of Blessed Mother Teresa in treating our teammates and opponents with love and kindness. Bless us with a safe and fun practice. Amen.

**End of Practice:** Remind kids to work on seeing Jesus in everyone and say the following prayer:

- “Our Father, Who art in heaven. Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen. Blessed Mother Theresa, Pray for us!”



## 5 Minute Game Plan

3rd Grade - Fall Sports Regular Season Week 2

**Theme:** Heaven

**Scripture:** John 3:16

*“For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life.”*

**Saintly Example:** The Communion of Saints

We know that death is not the end of life, but rather the beginning! The saints in Heaven, the souls in Purgatory and the members of the Church on earth all make up “The Communion of Saints.” The church teaches us in the Catechism that the term “Communion of Saints” has two meanings: “a communion ‘in holy things’ and ‘among holy persons’” (CCC 948). In fact, the church has three parts: the Church Militant (those living), the Church Suffering (Purgatory) and the Church Triumphant (Heaven). This is important for us to remember, as we can pray for those still living and those souls in purgatory, while asking the saints already in heaven to pray for us! When we talk about asking the saints in heaven to pray for us, we are asking those who are already in heaven to talk to God for us as well, since they are already in God’s presence. We can ask them to help us be more holy on earth so that some day we can join them in Heaven! Remember that our goal is to “get to heaven and take others with us!”

**Discussion:**

- Who is your favorite saint? Do you ask for his or her intercession in your prayers?
- If we are all a part of the Communion of Saints in the church, how does this mean we should act during practice and games?

**Practice Plan:**

- Remind the kids that in everything we do on earth, our goal is to “get to heaven and take others with us.” Ask the kids to remember that they are part of a larger community in the Church - including both heaven and earth. Remind them to practice and play in a way that is fitting for that community.

**Prayer**

- Dear God, we ask that you watch over us during this week of practice and our upcoming games. We thank you for allowing us to be a part of this team with our friends, and we ask for the prayers of all the saints in heaven. We pray that as we practice and play this week that we will always do so in a way that helps lead others to God. Amen.

**End of Practice:** Remind the kids about John 3:16 and let them know that God loves each of them and wants them in heaven one day. Ask them to work hard on being good members of their church community and close with the following prayer:

- “Angel of God, my guardian dear. To whom God’s love commits me here. Ever this day, be at my side. To light, to guard, to rule, to guide. All the Holy Saints in Heaven, Pray for Us! Amen.”

## 5 Minute Game Plan

3 Grade - Fall Sports Regular Season Week 3

**Theme:** Introduction to Vocations (and the Single Vocation)

**Scripture:** 1 Samuel 3:10

*“And the Lord came and stood forth, calling as at other times, ‘Samuel! Samuel!’ And Samuel said, ‘Speak, for thy servant hears.’”*

**Saintly Example:** Saint Joseph

Saint Joseph was chosen by God to be the husband of Mary and the foster father of Jesus. God knew that he was a good, hard working man who would listen to God and help keep both Mary and the child Jesus safe. Though he did not live long enough to see Jesus become famous, we know he watches over everyone from heaven and protects the Church on earth. Since he so faithfully followed God’s plans for him on earth, Saint Joseph is a great example for us to follow and ask for prayers when we discern our vocation.

**Discussion:**

The church refers to a vocation as “the calling or destiny we have in this life and hereafter” (CCC Glossary). There are four basic vocations that we will learn about: the single vocation, the married vocation, religious life, and the priesthood. God is calling each of us to one of these vocations when we get older, it’s up to us to listen to him and figure out which one!

Some people are called to live life as a single person. This does not mean that they have chosen themselves not to get married, but rather that God has called them in a special way to remain single for the glory of His kingdom. Perhaps he has a special mission for them. We’ll learn about the other vocations in the coming weeks. Even though you don’t have to choose a vocation for many years, you’re never too young to start listening to God and trying to figure out what he might be calling you toward...

- Can you think of a person who has been called to one of these vocations? How do you think they knew God was calling them to that?
- How can we start listening to God and trying to hear what he tells us?

**Practice Plan**

- Encourage the kids to begin listening closely to God and learning to seek out what he wants them to do each day, so they can be ready later when he calls them to a vocation. Help them to understand that just as their coach asks them each to play a different role on the team, God calls different people to different roles that will make them happiest in life.

**Prayer**

- Lord, help us each day to follow what you want us to do. Help us to listen to our parents, our teachers and our coaches so that we can learn to listen better to you. We pray that we can learn more about our own talents during this practice and we ask you to keep us safe and help us to have fun. Amen.

**End of Practice:** Remind the kids to work on prayer and listening to God in the small things each day. Remind them that St. Joseph and Mary were two of the best at listening to God’s will. Then close with the following prayer:

- Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women, and Blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen. Saint Joseph, Pray for Us!

## 5 Minute Game Plan

3rd Grade - Fall Sports Regular Season Week 4

**Theme:** Married Vocation

**Scripture:** Matthew 19:4-6

*“Have you not read that he who made them from the beginning made them male and female, and said, ‘For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh’? So they are no longer two but one flesh. What therefore God has joined together, let not man put asunder.”*

**Saintly Example:** Saints Joachim and Ann

Saints Joachim and Ann are the parents of Mary, and so they are also the grandparents of Jesus. This is a great example of a married couple who followed God in their lives. God not only blessed Joachim and Ann with a child, but that child became the Mother of God! These two married saints are an important reminder that the vocation of marriage is a call to follow God together and to build a family knowing that your marriage will be an example to your children, grandchildren, and beyond. We celebrate their Feast Day on July 26th each year and remember all grandparents especially on this day.

**Discussion:**

Some people are called to the married vocation. Our mothers and fathers are great examples of people called to this vocation. Later, you can ask your mom or dad about their vocation story: how they met each other, became engaged and got married. God set aside the married vocation to build strong families and have children like all of you!

- Remember last week, what are the four types of vocations God may call us to?
- People called to the married vocation are called to be good mothers and fathers if they have children, what do your mother and father do to help you with your school and sports?

**Practice Plan:**

- Remind kids again about the four vocations and the importance of listening to God each day so that you can be prepared someday to discern very important “big” things like your vocation.

**Prayer**

- Heavenly Father, we thank you on this day especially for our parents. We thank you for all their hard work and all they do for us, especially driving us to practice and making sure we have fun. We pray that you may help us to listen to them and to help them by being good children. Bless also our practice that we may learn and grow as a child of God. Amen.

**End of Practice:** Remind kids to work on listening to their teachers, parents and especially God this week. Pray the following prayer:

- Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women, and Blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen. Saints Joachim and Ann, Pray for Us!

## 5 Minute Game Plan

3rd Grade - Fall Sports Regular Season Week 5

**Theme:** Religious Vocation

**Scripture:** John 15:16

*“You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide; so that whatever you ask the Father in my name, he may give it to you.”*

### **Saintly Example: St. Therese of Lisieux**

St. Therese is often called the “Little Flower” and is a saint that lived just over 100 years ago. Even as a little girl, she knew she was called to the religious life and prayed that she would be allowed to enter an order of nuns known as the Carmelites. Because she was so young, she had to ask the Pope to allow her to become a nun as a teenager. Therese only lived until 24, but she spent her entire life as a great example of following God. As one of the most popular Saints in the world today, she’s proof that even young people can live beautiful lives for God. She wrote a book called *The Story of a Soul* where she wrote “I want to spend my heaven doing good things on earth.” She has done just that, as she is responsible for many miracles all over the world.

### **Discussion:**

The religious life is a special vocation that some people are called to live. The religious life is made up of nuns/sisters or monks/brothers. It’s a very special vocation where people give up their life to follow God and serve Him and others through their work with other nuns or brothers in their community.

- A group of nuns or monks is called an “order.” Do you know the names of any orders in this area? (Benedictines, Missionaries of Charity, Sisters of St. Francis of the Martyr St. George)
- Many of these religious played sports as children. What example do you think they set in how they played the game?

### **Practice Plan:**

- Remind the kids to follow the example of saints like St. Therese and to place Jesus first in everything they do. Connect this to practice and remind them to play and practice knowing that God is present.

### **Prayer**

- Lord, we thank you for the wonderful example of those called to the religious life and ask that we can follow their example of love and focus on God, no matter what vocation we are called to. Help us during this practice to be kind and loving to each of our teammates. We ask for the graces to handle situations with love when we want to get angry. Keep us safe and help us to have fun! Amen.

**End of Practice:** Remind children to pray for all the brothers and sisters called to the religious life. Ask them to remember the example of St. Therese and put God first in everything they do this week. Pray the following prayer:

- Our Father, Who art in heaven. Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen. St. Therese of Lisieux, Pray for us!

## 5 Minute Game Plan

3rd Grade - Fall Sports Regular Season Week 6

**Theme:** Priesthood Vocation

**Scripture:** Ephesians 3:7-10

*“Of this gospel I was made a minister according to the gift of God’s grace which was given me by the working of his power. To me, though I am the very least of all the saints, this grace was given, to preach to the Gentiles and the unsearchable riches of Christ, and to make men see what the plan of the mystery hidden for ages in God who created all things; that through the church the manifold wisdom of God might now be made known to the principalities and the powers in the heavenly places.”*

**Saintly Example: Saint John Vianney**

As a young boy, John Vianney and his family had to go to Mass in secret because the government didn’t want them to be able to practice their Catholicism. Though he always wanted to become a priest, his grades in school weren’t very good and he struggled to study for the priesthood. Eventually, John not only became a priest, he became a wonderful parish priest for 41 years who converted many people back to the faith and joyfully completed all his daily duties as a priest while constantly praying for his people. In fact, Saint John Vianney is now known as the patron saint of Priests because of his example!

**Discussion:**

God calls some young men to a vocation to the priesthood. These men study at a place called a seminary, training especially in all the things needed to be a good priest. Then they become priests just like those at your parish.

- (For Boys Teams) Why do you think it’s important to discern all vocations and determine if you are called to be a priest?
- (For Girls Teams) What is one characteristic of a good priest that you think you could use in school or playing sports? (i.e. kindness, good listener, etc)
- (Both) How do you think our priests want us to act when they are watching us play on our CYO team? Would they be proud to watch us or our team and see how we treat others?

**Practice Plan**

- Remind kids that it’s important to understand all vocations discussed this season and ask them to pray and work on being a good listener at practice, school and home so they can be better at listening to God all the time.

**Prayer**

- Lord, we ask that you bless all those who are discerning their vocations. This week we especially pray that all those God call to be priests will hear him calling so that we can always have good priests in our parishes. We also pray for our priests, that God will guide them and protect them in their ministry. Help us to listen to God and pray that he will help us when we are older and discerning our vocation. Bless our practices this week and keep us safe. Amen.

**End of Practice:** Remind kids of the four vocations discussed: single life, marriage, religious life and priesthood. Ask them to pray for our priests and close with the following prayer:

- Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women, and Blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen. Saint John Vianney, Pray for Us!

## 5 Minute Game Plan

3rd Grade - Fall Sports Regular Season Week 7

**Theme:** Mary, Mother of God

**Scripture:** Luke 1:26-31, 38

*"In the sixth month the angel Gabriel was sent from God to a city of Galilee named Nazareth, to a virgin betrothed to a man whose name was Joseph, of the house of David; and the virgin's name was Mary. And he came to her and said, 'Hail, full of grace, the Lord is with you!' But she was greatly troubled at the saying, and considered in her mind what sort of greeting this might be. And the angel said to her, 'Do not be afraid, Mary, for you have found favor with God. And behold, you will conceive in your womb and bear a son, and you shall call his name Jesus.*

*And Mary said, 'Behold, I am the handmaid of the Lord; let it be to me according to your Word.'*"

**Saintly Example:** Saint Bernadette

One day when she was young, Bernadette was going to gather firewood for her family when she saw Our Lady (Mary) dressed in blue and white, appearing to her in the wilderness. She told her family and friends, but nobody believed her! Still, she kept seeing Mary and one day Mary asked her to dig a hole. Up out of the ground came a cool, bubbling stream. This was no ordinary water though, as people began to believe Bernadette and come to the water - sick people who bathed in it became well and blind people regained their sight! Then Our Lady told them to build a church, and a great Shrine was built. The area was called Lourdes and when Mary appeared there she was called Our Lady of Lourdes. You can still visit the spot and get in the water today! Saint Bernadette became a nun and lived a life devoted to God.

Discussion

- How can we follow St. Bernadette's example and listen to what God is asking us to do?
- How can Mary intercede for us each day and help us to grow closer to God through our school, sports and at home?

Practice Plan

- Dedicate this practice to Mary and remind the children that they can always ask for her help. Tell them to remember that Bernadette was only a young girl and yet Mary appeared to her and had her do great things for God. Remind them that God can do amazing things with them each day.

Prayer

- Heavenly Father, we thank you for the example of Saint Bernadette and for giving us your Blessed Mother Mary to watch over us and guide us toward you each day. Bless our practice and the rest of our season, that we may put you first in all things and glorify you in our practice and play. Keep us safe and help us to have fun today and in our remaining games this year. Amen.

End of Practice: Remind children that God can do anything and that even young boys and girls can do great things if they believe in God and try to do what he asks each day. Close with this prayer:

- Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women, and Blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen. Saint Bernadette, Pray for Us!

## 5 Minute Game Plan

### 4th Grade Year Outline

#### Fall Seasons

- Preseason Week 1 - **Theme:** Free Will **Scripture:** Proverbs 16:9 **Saint:** Mary, Mother of God
- Preseason Week 2 - **Theme:** The Fall of Man **Scripture:** Genesis 3:2-7 **Saint:** St. Thomas Aquinas
- Regular Season Week 1 - **Theme:** The People of Israel **Scripture:** Psalm 33:12-15 **Saint:** St. Joan of Arc
- Regular Season Week 2 - **Theme:** God Saves His People **Scripture:** Exodus 14:9-10, 13-17 **Saint:** St. Christopher
- Regular Season Week 3 - **Theme:** Ten Commandments (1-3) **Scripture:** Exodus 20:1-11 **Saint:** St. Francis Xavier
- Regular Season Week 4 - **Theme:** Ten Commandments (4) **Scripture:** Exodus 20: 12 **Saint:** St. Dorothy
- Regular Season Week 5 - **Theme:** Ten Commandments (5-8) **Scripture:** Exodus 20: 13-16 **Saint:** St. Maria Goretti
- Regular Season Week 6 - **Theme:** Ten Commandments (9-10) **Scripture:** Exodus 20:17 **Saint:** St. Clare
- Regular Season Week 7 - **Theme:** The Great Commandments **Scripture:** Matthew 22:37-40 **Saint:** St. Veronica

#### Winter Seasons

- Preseason Week 1 - **Theme:** Our Father **Scripture:** Luke 11:1-4 **Saint:** St. Luke the Evangelist
- Preseason Week 2 - **Theme:** Prayer **Scripture:** Luke 11:5-8 **Saint:** St. Benedict
- Preseason Week 3 - **Theme:** Prayer **Scripture:** Luke 11:9-13 **Saint:** St. Scholastica
- Regular Season Week 1 - **Theme:** Spontaneous Prayer **Scripture:** Matthew 18:20 **Saint:** St. Ignatius
- Regular Season Week 2 - **Theme:** The Moral Teachings **Scripture:** None **Saint:** St. Dominic
- Regular Season Week 3 - **Theme:** Beatitudes **Scripture:** Matthew 5 **Saint:** None
- Regular Season Week 4 - **Theme:** Beatitudes **Scripture:** Matthew 6 **Saint:** None
- Regular Season Week 5 - **Theme:** Beatitudes **Scripture:** Matthew 7 **Saint:** None
- Regular Season Week 6 - **Theme:** Living a Moral Life **Scripture:** Philippians 4:8 **Saint:** St. Frances Xavier Cabrini
- Regular Season Week 7 - **Theme:** Making Mistakes (Sin) **Scripture:** 1 John 1:8-9 **Saint:** St. Mary Magdalene
- Regular Season Week 8 - **Theme:** Sacraments **Scripture:** Ephesians 3:8-12 **Saint:** St. Kateri Tekakwitha
- Regular Season Week 9 - **Theme:** The Eucharist **Scripture:** John 6:35 **Saint:** St. Andrew Kim Taigon
- Regular Season Week 10 - **Theme:** Heaven **Scripture:** Revelation 22:4-5 **Saint:** St. Charles Lwanga

#### Spring Seasons

- Preseason Week 1 - **Theme:** The Sacramental Life of the Church **Scripture:** CCC 1116 **Saint:** St. Patrick
- Preseason Week 2 - **Theme:** The Liturgical Calendar **Scripture:** Matthew 9:15 **Saint:** St. Jerome
- Regular Season Week 1 - **Theme:** Organization of the Church **Scripture:** Matthew 16:18-19 **Saint:** St. Catherine of Siena
- Regular Season Week 2 - **Theme:** Communion of Saints **Scripture:** Romans 12:4-5 **Saint:** None
- Regular Season Week 3 - **Theme:** Giving Thanks **Scripture:** 1 Chronicles 29:13 **Saint:** St. Nicholas
- Regular Season Week 4 - **Theme:** Grace **Scripture:** Romans 5:1 **Saint:** St. Monica

## 5 Minute Game Plan

4th Grade - Fall Sports Preseason Week 1

**Theme:** Free Will

**Scripture:** Proverbs 16:9

*“A man’s mind plans his way, but the Lord directs his steps.”*

**Saintly Example:** Mary, Mother of God

Free will means that God created each one of us with the ability to choose what we do each day and in life. However, as Christians we know that the thing that will ultimately make us most happy in life is choosing to do what God is asking us to do. He allows us to freely choose Him. Mary is the perfect example of this. When the angel Gabriel came to Mary and announced God’s plan for her, she did not turn away, but joyfully accepted her mission in life, that she was to become the Mother of God. In her “yes” to God, she represents a great example for us to follow each day. We can strive to be like Mary, who was without sin, by striving each day to determine how we can do God’s will and find happiness.

### Discussion:

- Are there things each day that we would rather not do, but we know that it’s best we do them because our parents or God are asking us to? (chores, being nice to someone, etc)
- How can we imitate Mary’s “yes” in our practice today and during this coming season? How can we choose to follow God’s will while playing our sport?

### Practice Plan

- Let the children know that they can choose to commit themselves to practice today so that they can achieve their goals and do the best they possibly can. Remind them to follow Mary’s example and to ask her to pray for us, so that we can better understand and choose to do God’s will in our lives.

### Prayer

- Heavenly Father, we thank you for granting us a free will, and ask that you will help us to always choose to do your will so that we can be most happy. Be with us in this practice so that we can grow in not only our athletic skill, but also in virtue and our relationship with you. Bless all the families on our team and we pray for a safe and fun experience today and through the season. Amen.

**End of Practice:** Remind kids to work on seeking to understand and follow God’s will, remembering that this will make them truly happy in life. Tell them they can ask for the prayers of Mary and look to her example each day. Say the following prayer:

- Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women, and Blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.



## 5 Minute Game Plan

4th Grade - Fall Sports Preseason Week 2

**Theme:** The Fall of Man

**Scripture:** Genesis 3:2-7

*And the woman said to the serpent, "We may eat of the fruit of the trees of the garden; but God said, 'You shall not eat of the fruit of the tree which is in the midst of the garden, neither shall you touch it, lest you die.'" But the serpent said to the woman, "You will not die. For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband and he ate. Then the eyes of both were opened...*

**Saintly Example:** St. Thomas Aquinas

St. Thomas Aquinas was a great student who wrote many writings, poems and hymns still used today. He spent his entire life learning everything he possibly could about the Lord and was very wise in interpreting what things meant. His masterpiece called the "Summa Theologica" is well known around the world and he is considered a "Doctor of the Church" based on how beneficial his teachings were to the whole church.

### Discussion

- Adam and Eve tried to be like God instead of following his commands. In a similar way, sometimes we think we can know more than our parents instead of doing what they ask us to do. In what ways can we better follow God and our parents each day?
- Instead of thinking he knew more than God, St. Thomas Aquinas spent his life learning everything he could from the Lord, spreading His word around the world. How can our team imitate the example of St. Thomas Aquinas by seeking to know God better through this season?

### Practice Plan

- Remind kids that this team is a community who together can strive to follow God and come to know Him better in each practice and game. Let them know that God wants us to follow Him and ask Him for help when we need it, instead of thinking we can do things ourselves all the time.

### Prayer

- Lord, you gave us the example of St. Thomas Aquinas who faithfully followed you and sought to gain knowledge about you so he could share with the world. Help us to learn from his zeal for truth and to follow you in all that we do each day. Bless our practice that we may follow the teaching of our coaches so that we can all get better this week. Grant that we may have a safe and fun practice. Amen.

**End of Practice:** Remind the kids to seek to know more about God in the coming week and to pray to Him when they need something, instead of trying to do it all themselves. Pray the following:

- "Our Father, Who art in heaven. Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen. St. Thomas Aquinas, Pray for us!"

## 5 Minute Game Plan

4th Grade - Fall Sports Regular Season Week 1

**Theme:** The People of Israel

**Scripture:** Psalm 33:12-15

*Blessed is the nation whose God is the Lord, the people whom he has chosen as his heritage! The Lord looks down from heaven, he sees all the sons of men; from where he sits enthroned he looks forth on all the inhabitants of the earth, he who fashions the hearts of them all, and observes their deeds.*

**Saintly Example:** St. Joan of Arc

God loved the people of Israel and repeatedly blessed them and looked out for them. Through Christ, God's promises to Israel were fulfilled and the Church was established. Today, God still looks out for everyone in the world just like He did so long ago. Many years ago, he used Joan of Arc to help save many of His people when they most needed Him. When Joan lived in France, her country was fighting with the English and people worshipping God were persecuted by their enemies. God sent angels and saints to tell her to save her country. Joan listened and became a great soldier, leading her country to victory and driving out the English invaders. Still, though she saved many people and won great battles for her country, some corrupt people helped friends of the enemy capture her. She was falsely accused of many things and killed. She was faithful to God until the end, and years after her death the people revisited her case and made it known that she did nothing wrong.

### Discussion:

- Since the time of the Israelites, God has called His chosen people to follow Him and even fight for his kingdom so that everyone on earth can know Him. Though he may not be calling us to be a soldier like St. Joan of Arc, what are ways that we can "fight" for God in our own way in the world today?
- How can our team follow God and be his soldiers this season?

### Practice Plan

- Remind the children that they are chosen by God to do great things for Him, whether in sports, school, home or in their community. Affirm that through much prayer and hard work they can follow God and achieve what he calls them to do. Help each child to do the best they can on your team during this practice and season.

### Prayer

- Dear God, we thank you for watching over us and choosing us for greatness. Like Joan of Arc, help us to listen to your call and do as you ask each day, even when that task is difficult or different than what the world around us thinks is popular. Keep us safe in this practice and help our team to always compete for you in all that we do! Amen.

**End of Practice:** Select a child or two and point out a way in which they got better during practice. Affirm again that everyone is called to greatness by God. Pray the following prayer with the intention that everyone may have the courage to follow God at all times:

- Saint Michael the Archangel, defend us in battle. Be our defense against the wickedness and snares of the devil. May God rebuke him, we humbly pray. And do thou oh Prince of Heavenly Hosts, by the power of God, thrust into hell Satan and all the evil spirits, who prowl about the world seeking the ruin of souls. St. Joan of Arc, Pray for Us!

## 5 Minute Game Plan

4th Grade - Fall Sports Regular Season Week 2

**Theme:** God Saves His People

**Scripture:** Exodus 14:9-10, 13-17

*The Egyptians pursued them, all Pharaoh's horses and chariots and his horsemen and his army, and overtook them encamped at the sea...And Moses said to the people, "Fear not, stand firm, and see the salvation of the Lord, which he will work for you today; for the Egyptians whom you see today, you shall never see again. The Lord will fight for you, and you have only to be still. The Lord said to Moses, "Why do you cry to me? Tell the people of Israel to go forward. Lift up your rod, and stretch out your hand over the sea and divide it, that the people of Israel may go on dry ground through the sea. And I will harden the hearts of the Egyptians so that they shall go in after them, and I will get glory over Pharaoh and all his host, his chariots, and his horsemen."*

**Saintly Example:** St. Christopher

Saint Christopher was originally named Offero. He was a big, strong soldier who worked at a river and helped to get travelers across the water safely by carrying them on his shoulders. He knew of Jesus and hoped that some day Jesus would appear to him while he worked. One day, a little boy appeared at the river and Christopher proceeded to take him across. Yet as they crossed, the boy got heavier and heavier on his shoulders until finally Christopher asked "Who are you?". The boy replied "I am Jesus Christ." The large soldier immediately became a Christian and followed Jesus for the rest of his life, eventually becoming a martyr. His name became Christopher, which means "the man who carried Christ."

### Discussion:

- God repeatedly protects us and saves us, whether through a great miracle like the parting of the sea or through one of His saints. Can you think of any times God has saved you from harm?
- How can we ask God to protect us during this season? What can we do to entrust our season to Him?

### Practice Plan

- Determine something your team can do each practice or game as a reminder that God is present and protects us always. This could be as simple as a prayer or some symbol. Keep this practice as a constant reminder of God's protection and love for each person on your team.

### Prayer

- Lord, we know that you watch over and protect us each day. Keep us safe during this practice and help us to know that you are always looking out for us, whether we realize it or not. Help our team to trust in you and seek you in all things. May we all have fun and get better in our sport during this practice. Amen.

**End of Practice:** Remind the kids about the discussion before practice and whatever your team is doing as a reminder of God's love and protection. Pray the following prayer:

- "Our Father, Who art in heaven. Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen. St. Christopher, Pray for us!"

## 5 Minute Game Plan

4th Grade - Fall Sports Regular Season Week 3

**Theme:** Ten Commandments

**Scripture:** Exodus 20: 1-3, 7-11

*And God spoke all these words, saying, "I am the Lord your God, who brought you out of the land of Egypt, out of the house of bondage. You shall have no other gods before me...*

*...You shall not take the name of the Lord your God in vain; for the Lord will not hold him guiltless who takes his name in vain. Remember the sabbath day, to keep it holy. Six days you shall labor, and do all your work; but the seventh day is a sabbath to the Lord your God; in it you shall not do any work, you, or your son, or your daughter, your manservant, or your maidservant, or your cattle, or the sojourner who is within your gates; for in six days the Lord made heaven and earth, the sea, and all that is in them, and rested the seventh day; therefore the Lord blessed the sabbath day and hallowed it."*

**Saintly Example:** St. Francis Xavier

St. Francis Xavier was one of the first followers of St. Ignatius Loyola, who founded the Jesuit order. St. Francis spent much of his time traveling all over the world teaching people about Jesus, converting them and baptizing them as Catholics. In fact, it is estimated he baptized nearly 40,000 people during his travels! It's appropriate that he is the patron saint of missionaries. St. Francis Xavier loved God so much that he was willing to go to many foreign lands to teach that God was the only God, and to teach others how to live by his commandments.

### Discussion:

- What does it mean to "not take the name of the Lord your God in vain?" How can we make sure we follow this commandment?
- God teaches us to keep the sabbath day (Sunday) holy. What can we do in our families to help keep this a day of rest and worship of the Lord? (Note that this commandment is why CYO games are no longer played on Sunday, so that all workers and families can rest and worship God as best as they can.)

### Practice Plan

- Remind kids that it's important that in everything we do we put God first, keep his name sacred, and keep holy each day, but particularly Sunday. Ask them to especially focus on this during sports, where it can be easy to be frustrated and forget that God is present. Work with them to always be positive during practice and games, praising God in everything.

### Prayer

- Heavenly Father, bless us in this practice as we proclaim you as God and seek to live according to your commandments. Help us to always strive to keep your commandments in everything we do. Help us also to find ways that we can set aside special time for God through the week and especially on Sunday. Bless our practice and keep us safe while having fun. Amen.

**End of Practice:** Remind the kids to focus on following the first three commandments as read about at the beginning of practice. Pray the following prayer:

- "Our Father, Who art in heaven. Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen. St. Francis Xavier, Pray for us!"

## 5 Minute Game Plan

4th Grade - Fall Sports Regular Season Week 4

**Theme:** Ten Commandments

**Scripture:** Exodus 20: 12

*“Honor your father and your mother, that your days may be long in the land which the Lord your God gives you.”*

**Saintly Example:** St. Dorothy

St. Dorothy lived in early 300's AD, when an emperor named Diocletian was persecuting Christians and killing many people. In fact, Dorothy's learned the faith from her own parents, who had died as martyrs protecting the faith. Dorothy herself was arrested and sentenced to die. As they were taking her out of the court, a person mocked her and said "Bride of Christ, send me some fruit and flowers from your bridegroom's garden!" Amazingly, a small child suddenly appeared with a basket full of flowers and fruit, which the child took to the man who had mocked Dorothy. Though Dorothy had died, the man who just moments ago had made fun of her was instantly converted and proclaimed himself a Christian. He too became a martyr.

**Discussion:**

- How can we follow God's commandment to honor our mother and father in our own lives?
- Our parents bring us to practice and games, sacrificing a lot so we can have fun playing on this team. How can we honor our mothers and fathers in a special way this week as a team?

**Practice Plan**

- Communicate to the children the importance of honoring God by treating those closest to us with love and respect. Put into practice some way to honor the mothers and fathers of the team for their sacrifice in bringing the team together each week.

**Prayer**

- Lord, we thank you especially for the mothers and fathers you have given us who teach us the faith and help us to know you. Thank you also for their sacrifice and hard work that allows us to go to school and to have fun playing on this team. Bless them in a special way this week. Help us to follow the example of St. Dorothy, who honored her mother and father through a faithful love of God until the very end of her life. Grant us a safe and fun practice. Amen.

**End of Practice:** Remind children to honor their mothers and fathers in a special way at home, thanking them for all the work they do so that the kids can have fun at practice. Remind them that honoring their mother and father also helps them honor God their father in heaven. Close with the following prayer:

- Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women, and Blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen. St. Dorothy, Pray for Us!

## 5 Minute Game Plan

4th Grade - Fall Sports Regular Season Week 5

**Theme:** Ten Commandments

**Scripture:** Exodus 20:13-16

*“You shall not kill. You shall not commit adultery. You shall not steal. You shall not bear false witness against your neighbor.”*

**Saintly Example:** St. Maria Goretti

St. Maria lived in a very poor family where her mother was the only one who could go to work after her father died. At a young age, Maria did all the cooking and cleaning at home while caring for her brothers and sisters. Still, she remained very happy. One day a man named Alessandro said inappropriate things to Maria and tried to hurt her. Faithful to God, Maria did not give in to the man and so he ultimately killed her. However, before she died, Maria was able to tell her priest that she forgave Alessandro. Many years later while in prison, Alessandro saw an image of Maria and was converted. He even asked Maria's mother for forgiveness and she forgave him too.

### Discussion:

- The 5th - 8th commandments tell us not to do bad things to others. Though we might not think about doing things this bad, other smaller things can be hurtful as well. What are some things that might be hurtful to our teammates and how can we make sure we follow God's commandments on our team?
- When we are hurt by others we are called by God to forgive them. St. Maria Goretti's story gave us a great example of forgiveness. How can we imitate this love and forgiveness in our own lives and on our team?

### Practice Plan

- Focus on making sure the team's practice and games reflect God's commandments to love others and avoid harming them, even in small ways. Ask the kids to all work hard during the next week to treat their classmates and friends with love and respect.

### Prayer

- God, you love us and you call us to follow your commandments and love those around us. May this team help us to grow closer to you and help us together to love and respect each other as brothers and sisters in Christ. May we be quick to ask forgiveness when we do wrong and to forgive others who hurt us. Keep us safe and may we have fun during this practice.

**End of Practice:** Remind the kids of the commandments mentioned at the beginning of practice and of the importance of forgiveness in all our lives. Remind them to focus on avoiding anything that might hurt another person in the week to come. Pray the following prayer:

- “Our Father, Who art in heaven. Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen. St. Maria Goretti, Pray for us!”

## 5 Minute Game Plan

4th Grade - Fall Sports Regular Season Week 6

**Theme:** Ten Commandments

**Scripture:** Exodus 20:17

*“You shall not covet your neighbor’s house; you shall not covet your neighbor’s wife, or his manservant, or his maidservant, or his ox, or his (donkey) or anything that is your neighbor’s.”*

**Saintly Example:** St. Clare

St. Clare was a follower of St. Francis of Assisi, who took a vow of poverty as a reminder that God was more important than all the money or things in the world. Though she was part of a very rich family, St. Clare longed to live a very poor life as well, so that she could simply pray and focus on God. St. Clare became a nun, cut her hair and put on a simple robe with a rope for her habit. Today the group of sisters she began are known as the Poor Clares and they live a simple life praying all day for those who sin and do not know God.

### Discussion:

- These commandments tell us not to be jealous of others or their possessions. God wants us to remember that He made us perfectly as He desired and has given us everything that we have. If we focus on others possessions or are jealous, we aren’t being thankful for the gifts he has given us. For example, he gave everyone on this team different gifts to use, different skills and talents. What do you think happens to the team if everyone is jealous of others gifts and doesn’t focus on their own? What happens if everyone focuses on using their own gifts for the good of the team?
- Sometimes people focus too much on possessions that they have or things that others have they want, and lose focus on God. Do you think it is easy to lose focus on God in today’s world? What kinds of possessions keep you from prayer? How can we learn to detach from those things and follow God more closely, like St. Clare did?

### Practice Plan

- Focus on the individual talents of each child and as coaches work to compliment those talents in each child at least once during practice. Remind the children that as a team, it’s important to be grateful for the gifts God gives us and the talents that can help us to contribute to the team. Drive the point home by praising everyone’s gifts to the team at some point during the practice week.

### Prayer

- God, you tell us not to be jealous of our neighbor’s possessions and teach us to be thankful for the many blessings and talents you have given us. Help each of us to learn to be the person you created us to be and help us to recognize the great and unique gifts you have given all of us. May we truly learn to utilize the athletic talents of each team member for the good of the whole team, so that we may glorify you in our practice and play. Keep us safe and help us to have fun this week. Amen.

**End of Practice:** Remind the kids of their talents and praise them for things they did well during practice. Close with the following prayer:

- All Glory Be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now and ever shall be, a world without end. Amen. St. Clare, Pray for Us!”

## 5 Minute Game Plan

4th Grade - Fall Sports Regular Season Week 7

**Theme:** The Great Commandments

**Scripture:** Matthew 22:37-40

*“You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the great and first commandment.”*

**Saintly Example:** St. Veronica

When asked about the greatest of the commandments, Jesus responded by teaching us that loving the “Lord your God with all your heart” was the most important thing to remember. St. Veronica lived that commandment in her interaction with Jesus. Jesus was beaten and hurt badly, then made to carry His own cross. As He walked, he was spit on and mocked while people yelled and screamed at him. There was nobody there to love him on this difficult journey. St. Veronica saw Him and wanted to show Him love, so she made her way out to Him when he fell and she wiped His face with the veil from her head. She was pulled away from Jesus and when she looked at her veil she expected to be bloodied and dirty, she found instead it had a beautiful image of Jesus face imprinted on it. That veil has been lost and reportedly found many times over the centuries since, always considered a very important relic in the Church.

### Discussion:

- Veronica demonstrated her love for Christ by helping him on his journey with the cross. Though we live thousands of years later, what ways can we show Christ our love each day and fulfill his great commandment?
- How can we demonstrate our love for Christ on this team?
- How does the way we treat each other reflect a love for Christ?

### Practice Plan

- Encourage the children to always follow this great commandment and remind them that a relationship with Christ is more important than any sport or accomplishment on earth. Remind them that the most important thing they can remember to do is to love God with all their heart, soul and mind.

### Prayer

- Lord, St. Veronica gave us an example of love on your path to Calvary by wiping your face when you fell. May we learn to imitate her love in our own lives, seeking always to show our love in all that we do. May our team show a great love for you in the way we practice and play, always glorifying you and praising you. Protect us and draw us closer to you through this practice, so that we may one day see your face as Veronica did. Amen.

**End of Practice:** Remind the kids of what Christ said was the greatest commandment and encourage them to live their lives in a way that demonstrates this love of Christ through their interactions in sports, school and with others. Pray the following prayer:

- All Glory Be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now and ever shall be, a world without end. Amen. St. Veronica, Pray for Us!”



## 5 Minute Game Plan

### 5th Grade Year Outline

#### Fall Seasons

- Preseason Week 1 - **Theme:** Mary's Role in the Church **Scripture:** John 19:26-27 **Saint:** St. John and Our Mother Mary
- Preseason Week 2 - **Theme:** The Rosary **Scripture:** Luke 1:26-33 **Saint:** St. Juan Diego
- Regular Season Week 1 - **Theme:** The Joyful Mysteries **Scripture:** Luke 2:8-12 **Saint:** None
- Regular Season Week 2 - **Theme:** The Sorrowful Mysteries **Scripture:** Matthew 26:45 **Saint:** None
- Regular Season Week 3 - **Theme:** The Glorious Mysteries **Scripture:** Matthew 28:1-7 **Saint:** None
- Regular Season Week 4 - **Theme:** The Luminous Mysteries **Scripture:** John 2:1-11 **Saint:** None
- Regular Season Week 5 - **Theme:** Made in the Image of God **Scripture:** 1 Corinthians 6:19-20 **Saint:** St. Rose of Lima
- Regular Season Week 6 - **Theme:** Prayer **Scripture:** 1 Thessalonians 5:16-18 **Saint:** St. Kateri Tekakwitha
- Regular Season Week 7 - **Theme:** Forgiveness **Scripture:** Luke 15:11-32 **Saint:** St. Rita of Cascia
- Regular Season Week 8 - **Theme:** Service **Scripture:** John 13:1-20 **Saint:** St. Andre Bessette

#### Winter Seasons

- Preseason Week 1 - **Theme:** Sacraments - Baptism **Scripture:** Matthew 3:1-6, 13-17 **Saint:** St. John the Baptist
- Preseason Week 2 - **Theme:** Sacraments - Reconciliation **Scripture:** Luke 15:4-10 **Saint:** St. Pio of Pietrelcina
- Preseason Week 3 - **Theme:** Sacraments - Eucharist **Scripture:** 1 Corinthians 11:17-34 **Saint:** St. Teresa of Avila
- Regular Season Week 1 - **Theme:** Sacraments - Confirmation **Scripture:** Ephesians 1:13-14 **Saint:** St. Catherine Laboure
- Regular Season Week 2 - **Theme:** Sacraments - Marriage & Family **Scripture:** Matthew 19:4-6 **Saint:** Holy Family
- Regular Season Week 3 - **Theme:** Sacraments - Holy Orders **Scripture:** John 10:1-21 **Saint:** St. Mathew
- Regular Season Week 4 - **Theme:** The Priesthood **Scripture:** Matthew 28:18-20 **Saint:** St. John Vianney
- Regular Season Week 5 - **Theme:** Religious Orders - Benedictines **Scripture:** Luke 14:11 **Saint:** Sts. Benedict and Scholastica
- Regular Season Week 6 - **Theme:** Religious Orders - Ursulines **Scripture:** 1 Peter 5:6-7 **Saint:** St. Angela de Merici
- Regular Season Week 7 - **Theme:** Religious Orders - Vincent de Paul & Sisters of Charity **Scripture:** Luke 10:29-37 **Saint:** St. Vincent de Paul
- Regular Season Week 8 - **Theme:** Religious Orders - Missionaries of Charity **Scripture:** Philippians 2:4-7 **Saint:** Blessed Mother Theresa
- Regular Season Week 9 - **Theme:** Religious Orders - Sisters Servants of Mary **Scripture:** John 13:34-35 **Saint:** Blessed Mary Catherine Irigoyen Echegaray
- Regular Season Week 10 - **Theme:** Sacraments - Anointing of the Sick **Scripture:** Luke 7:1-10 **Saint:** St. Peregrine
- Regular Season Week 11 - **Theme:** Miracles **Scripture:** John 6:1-15 **Saint:** St. Anthony of Padua
- Regular Season Week 12 - **Theme:** The Sanctity of Life **Scripture:** Jeremiah 1:5 **Saint:** Blessed John Paul II

#### Spring Seasons

- Preseason Week 1 - **Theme:** The Holy Bible & Scripture **Scripture:** Matthew 5:18-19 **Saint:** St. Luke

## 5 Minute Game Plan

- Preseason Week 2 - **Theme:** Spreading the Gospel **Scripture:** Psalm 96:3 **Saint:** St. Mark
- Regular Season Week 1 - **Theme:** Liturgical Seasons **Scripture:** Matthew 9:15 **Saint:** St. Lawrence
- Regular Season Week 2 - **Theme:** Holy Days of Obligation **Scripture:** Colossians 2:16-17 **Saint:** St. Martin of Tours
- Regular Season Week 3 - **Theme:** The Resurrection **Scripture:** John 20:1-9 **Saint:** St. Thomas
- Regular Season Week 4 - **Theme:** The Holy Spirit **Scripture:** John 20:19-23 **Saint:** St. Matthias

## 5 Minute Game Plan

5th Grade - Fall Sports Preseason Week 1

**Theme:** Mary's Role in the Church

**Scripture:** John 19:26-27

*When Jesus saw his mother, and the disciple whom he loved standing near, he said to his mother, "Woman, behold, your son!" Then he said to the disciple, "Behold, your mother!" And from that hour the disciple took her to his own home.*

**Saintly Example:** St. John and Our Mother Mary

St. John was a disciple of Jesus who wrote the fourth Gospel and was one of the first missionaries to continue Christ's work after His death. In the scripture verse we just read, Jesus refers to St. John, who upon Christ's death took His mother Mary into his home and cared for her for the remainder of her life. Mary plays a major role in the Catholic Church because, like John, we are all called to take to Mary as our spiritual mother and allow her to lead us always toward Christ. By asking for her to pray for us and take our prayers to Jesus, we allow her to care for us as Christ commanded on the cross. In addition, Mary is the perfect example for us to strive for: born without sin and maintaining that perfection her whole life, she is a beautiful and complete example of someone who lived fully according to God's will. Much like we want our friends to honor our mothers, Christ wants us to honor His mother and to ask for her prayers daily so that we can grow in our relationship with Him.

### Discussion:

- How do we form a relationship with Mary in our life and what can we do each day to follow her toward Christ?
- Does Mary care for us while we play sports? What is a special way we can bring her into our team this year and how can she help our team grow closer to Christ?

### Practice Plan:

- Develop a (simple) team plan for bringing Mary into your team this year and asking for her intercession during the season. Perhaps you can offer each practice to her, or pray to her as a team before games, asking for her protection on the field. Then during practice, remind the kids that we are to perform always knowing that our spiritual mother Mary is watching over us. Ask them how it changes the way they act when their mother is at practice or a game, and help them to see that they must always perform that way to honor Mary and thus grow closer to Christ.

### Prayer:

- Holy Mother of God, we ask for your prayers during this practice that you might help lead us closer to God through our participation on this team. We ask that you keep us safe this week and lift up all the prayers we hold in our hearts to God, that we may come to know Him more fully through you. May our practice and play honor you so that it may be worthy of Christ. Amen.

**End of Practice:** Remind the children what was discussed at the beginning of practice and the special relationship that we have with Mary, just like St. John had with Mary on earth. Reaffirm the plan to bring Mary into each practice and game through the season. Then close with the following prayer:

- Hail Mary, full of Grace, The Lord is with Thee. Blessed art thou among women, and Blessed is the Fruit of Thy Womb, Jesus. Holy Mary, Mother of God, Pray for us sinners, now and at the hour of our death. St. John and Our Lady, Pray for Us!

## 5 Minute Game Plan

5th Grade - Fall Sports Preseason Week 2

**Theme:** The Rosary

**Scripture:** Luke 1:26-33

*In the sixth month the angel Gabriel was sent from God to a city of Galilee named Nazareth, to a virgin betrothed to a man whose name was Joseph, of the house of David; and the virgin's name was Mary. And he came to her and said, "Hail, full of grace, the Lord is with you!" But she was greatly troubled at the saying, and considered in her mind what sort of greeting this might be. And the angel said to her, "Do not be afraid, Mary, for you have found favor with God. And behold, you will conceive in your womb and bear a son, and you shall call his name Jesus. He will be great, and will be called the Son of the Most High; and the Lord God will give you him the throne of his father David, and he will reign over the house of Jacob forever; and of his kingdom there will be no end."*

**Saintly Example:** St. Juan Diego

In the year 1531, a simple laborer named Juan Diego was making a 15 mile walk to Mass when something extraordinary happened. At the top of a hill he saw before him the Blessed Virgin Mary. She asked him to take a message to the Bishop that a beautiful church should be built on that spot. The Bishop didn't believe Juan Diego when he took him the message, and asked for proof. On his return, Mary once again appeared before Juan Diego. She asked him to go to the hill where the church was to be built and pick flowers to put in his cloak. There were no flowers around, but Juan Diego trusted Mary and went to the hill. To his amazement, there he found flowers growing. He picked them and returned to the Bishop. When he let out his cloak to show the Bishop the flowers, roses fell to the floor. Yet the Bishop was staring at something even more amazing; inside the cloak where the flowers had been was a glowing image of Mary. This beautiful image became known as Our Lady of Guadalupe and a church was built where Mary had asked. Thousands of people came to the church and were converted on that spot. Juan Diego lived in a small home near the church and cared for the church and the people who came to visit.

**Discussion:**

- Mary appeared to Juan Diego and brought the people of Mexico a great gift, a place for them to pray and learn to know God more closely. Another gift she gives us is the rosary. Ask the kids how many of them have ever prayed the rosary or know what it is?

**Practice Plan:** Pray a decade of the rosary before practice. See below.

**Prayer:** The rosary is a series of prayers on events in the life of Mary and Jesus. A Rosary is made up of 5 sections called mysteries, with each mystery consisting of an Our Father, 10 Hail Mary's, a Glory Be and the Fatima Prayer. While reciting these prayers, we pray about the mystery and ask Mary to help lead us to Jesus. In the coming weeks we will learn about the mysteries. For now, let's pray a decade of the rosary before practice and ask Mary to help us grow closer to Jesus through the rosary. \*\*Choose a child(ren) to help lead the rosary based on those who know the prayers. Here's the format if needed:

- Our Father, 10 Hail Mary, Glory Be, Fatima Prayer
- Fatima Prayer: Oh my Jesus, forgive us our sins and save us from the fires of hell. Lead all souls to heaven, especially those in most need of Thy mercy.

**End of Practice:** Remind the children what we learned about the Rosary and ask them to look up the Joyful Mysteries before next week's first practice. Then close with the following prayer:

- Hail Mary, full of Grace. The Lord is with Thee. Blessed art Thou among women and Blessed is the Fruit of Thy Womb, Jesus. Holy Mary, Mother of God, Pray for us sinners, now and at the hour of our death. St. Juan Diego, Pray for Us!

## 5 Minute Game Plan

5th Grade - Fall Sports Regular Season Week 1

**Theme:** The Joyful Mysteries

**Scripture:** Luke 2:8-12

*And in that region there were shepherds out in the field, keeping watch over their flock by night. And an angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were filled with fear. And the angel said to them, "Be not afraid; for behold, I bring you good news of a great joy which will come to the people; for to you is born this day in the city of David a Savior, who is Christ the Lord. And this will be a sign for you: you will find a babe wrapped in swaddling cloths and lying in a manger."*

### The Joyful Mysteries

This week we are going to talk about the Joyful Mysteries of the Rosary. These are traditionally prayed on Saturday and Monday during the week. They are: *The Annunciation*, when the angel Gabriel came to Mary and told her she would be the Mother of Jesus; *The Visitation*, where Mary visited her cousin Elizabeth and the infant John the Baptist "leapt in her womb" when Jesus was present within the pregnant Mary; *The Birth of Jesus*, which we read about in today's scripture; *The Presentation*, when Mary and St. Joseph took the child Jesus to the temple according to Jewish tradition; and *The Finding of the Child Jesus in the Temple*, when Mary and St. Joseph lost Jesus for three days while traveling and found him in the Temple, praying and teaching the older people in the temple.

### Discussion:

- What do you know about the Joyful Mysteries of the rosary? Do you know stories like the Visitation or Presentation narratives? (If some children don't know, see if another child can explain it briefly.)
- Our scripture today is about the birth of Jesus, when an angel appeared to the shepherds in the fields to tell them the "good news." What do you think it was like for the shepherds? What would your reaction be? The angel tells them not to be afraid, do you think they were scared?
- What are some things we can think about while praying the Joyful Mysteries of the Rosary?

**Practice Plan:** See prayer. Remind kids to think about Jesus and the mysteries of His life. Ask them to think about how they can grow in their relationship with Jesus through praying with Mary.

**Prayer:** Select one of the Joyful Mysteries and pray a decade of the rosary before practice. Have child(ren) lead if possible.

- Our Father, 10 Hail Mary, Glory Be, Fatima Prayer
- Fatima Prayer: Oh my Jesus, forgive us our sins and save us from the fires of hell. Lead all souls to heaven, especially those in most need of Thy mercy.

**End of Practice:** Remind children about the Joyful Mysteries of the Rosary: *The Annunciation, The Visitation, The Birth of Jesus, The Presentation, and The Finding of the Child Jesus in the Temple*. Invite them to pray on those mysteries during the week, particularly with their family, and to look up the Sorrowful Mysteries before next week's first practice. Then close with the following:

- Hail Mary, full of Grace. The Lord is with Thee. Blessed art Thou among women and Blessed is the Fruit of Thy Womb, Jesus. Holy Mary, Mother of God, Pray for us sinners, now and at the hour of our death. Mary, Mother of God, Pray for Us!

## 5 Minute Game Plan

5th Grade - Fall Sports Regular Season Week 2

**Theme:** The Sorrowful Mysteries

**Scripture:** Matthew 26:45

*Then he came to the disciples and said to them, "Are you still sleeping and taking your rest?" Behold, the hour is at hand, and the Son of man is betrayed into the hands of sinners."*

### The Sorrowful Mysteries

Last week we learned about the Joyful Mysteries. This week we are going to talk about the Sorrowful Mysteries, which are traditionally prayed on Tuesday and Friday each week. They are: *The Agony in the Garden*, when Jesus prayed before undergoing his passion and death; *The Scourging at the Pillar*, when Jesus was beaten and hurt badly; *The Crowning with Thorns*, when people made a crown of thorns, placed it on Jesus' head and mocked him; *Jesus Carries the Cross*, when Jesus was made to carry his own cross along the way to Calvary; and *Jesus Dies on the Cross*.

### Discussion:

- Do you know all the Sorrowful Mysteries? (If not everyone seems to know them, have some kids who do explain the ones that others don't know).
- How can thinking about these Sorrowful Mysteries while praying the rosary help us to grow closer to Jesus?
- When our practices get difficult, how can remembering the Sorrowful Mysteries help us to grow closer to God and improve our skill?

**Practice Plan:** See prayer. Remind kids to think about Jesus and the mysteries of His life. Ask them to think about how they can grow in their relationship with Jesus through praying with Mary.

**Prayer:** Select one of the Sorrowful Mysteries and pray a decade of the rosary before practice. Have child(ren) lead if possible.

- Our Father, 10 Hail Mary, Glory Be, Fatima Prayer
- Fatima Prayer: Oh my Jesus, forgive us our sins and save us from the fires of hell. Lead all souls to heaven, especially those in most need of Thy mercy.

**End of Practice:** Remind children about the Sorrowful Mysteries of the Rosary: *The Agony in the Garden*, *The Scourging at the Pillar*, *The Crowning with Thorns*, *Jesus Carries the Cross*, *Jesus Dies on the Cross*. Invite them to pray on those mysteries during the week, particularly with their family, and to look up the Glorious Mysteries before next week's first practice. Then close with the following:

- Hail Mary, full of Grace. The Lord is with Thee. Blessed art Thou among women and Blessed is the Fruit of Thy Womb, Jesus. Holy Mary, Mother of God, Pray for us sinners, now and at the hour of our death. Mary, Mother of God, Pray for Us!

## 5 Minute Game Plan

5th Grade - Fall Sports Regular Season Week 3

**Theme:** The Glorious Mysteries

**Scripture:** Matthew 28:1-7

*Now after the sabbath, toward the dawn of the first day of the week, Mary Magdalene and the other Mary went to see the sepulchre. And behold, there was a great earthquake; for an angel of the Lord descended from heaven and came and rolled back the stone, and sat upon it. His appearance was like lightning, and his raiment white as snow. And for fear of him the guards trembled and became like dead men. But the angel said to the women, "Do not be afraid; for I know that you seek Jesus who was crucified. He is not here; for he has risen, as he said. Come, see the place where he lay. Then go quickly and tell his disciples that he has risen from the dead and behold, he is going before you to Galilee; there you will see him. Lo, I have told you."*

### The Glorious Mysteries

Last week we learned about the Sorrowful Mysteries. This week we will talk about the Glorious Mysteries, where we celebrate the rising of Jesus from the dead and His Ascension into heaven. These mysteries are traditionally prayed on Sunday and Wednesday each week. They are: *The Resurrection*, when Jesus rose from the dead; *The Ascension*, when Jesus went up to heaven; *The Descent of the Holy Spirit*, when the Holy Spirit came down to the Apostles in the upper room; *The Assumption*, when Mary was assumed body and soul into heaven at the end of her life; and *Mary is Crowned Queen of Heaven and Earth*, where upon entering heaven Mary is crowned and takes her special place with the Father and Son.

### Discussion:

- Do you know about these Glorious Mysteries? (If some kids don't know about particular mysteries, have a child who does know help explain.)
- How can thinking about these Glorious Mysteries while praying the rosary help us to grow closer to Jesus?
- When practice or school is difficult, how can praying or thinking about the Glorious Mysteries help bring us joy and put our situation in perspective?

**Practice Plan:** See prayer. Remind kids to think about Jesus and the mysteries of His life. Ask them to think about how they can grow in their relationship with Jesus through praying with Mary.

**Prayer:** Select one of the Glorious Mysteries and pray a decade of the rosary before practice. Have child(ren) lead if possible.

- Our Father, 10 Hail Mary, Glory Be, Fatima Prayer
- Fatima Prayer: Oh my Jesus, forgive us our sins and save us from the fires of hell. Lead all souls to heaven, especially those in most need of Thy mercy.

**End of Practice:** Remind children about the Glorious Mysteries of the Rosary: *The Resurrection, The Ascension, The Descent of the Holy Spirit, The Assumption, The Crowning of Mary Queen of Heaven and Earth*. Invite them to pray on those mysteries during the week, particularly with their family, and to look up the Luminous Mysteries before next week's first practice. Then close with the following:

- Hail Mary, full of Grace. The Lord is with Thee. Blessed art Thou among women and Blessed is the Fruit of Thy Womb, Jesus. Holy Mary, Mother of God, Pray for us sinners, now and at the hour of our death. Mary, Queen of Heaven, Pray for Us!

## 5 Minute Game Plan

5th Grade - Fall Sports Regular Season Week 4

**Theme:** The Luminous Mysteries

**Scripture:** John 2:1-11

*On the third day there was a marriage at Cana in Galilee, and the mother of Jesus was there; Jesus also was invited to the marriage, with his disciples. When the wine failed, the mother of Jesus said to him, "They have no wine." And Jesus said to her, "Oh woman, what have you to do with me? My hour has not yet come." His mother said to the servants, "Do whatever he tells you." Now six stone jars were standing there, for the Jewish rites of purification, each holding twenty or thirty gallons. Jesus said to them, "Fill the jars with water." And they filled them up to the brim. He said to them, "Now draw some out, and take it to the steward of the feast." So they took it. When the steward of the feast tasted the water now become wine, and did not know where it came from (though the servants who had drawn the water knew), the steward of the feast called the bridegroom and said to him, "Every man serves the good wine first; and when men have drunk freely, then the poor wine; but you have kept the good wine until now." This, the first of his signs, Jesus did at Cana in Galilee, and manifested his glory; and his disciples believed in him.*

### The Luminous Mysteries

Last week we discussed the Glorious Mysteries, now we will talk about the final set of mysteries, the Luminous Mysteries. The Luminous Mysteries were introduced much more recently than the other three, instituted in 2002 by Pope John Paul II. They are traditionally prayed on Thursdays and help us to consider some of the events during the public ministry of Jesus where his "light" was revealed to the world, hence the name Luminous. They are: *The Baptism in the Jordan*, when Jesus was baptized by John the Baptist in the Jordan River; *The Wedding Feast at Cana*, when Jesus turned the water into wine as we heard about in today's scripture reading; *The Proclamation of the Kingdom*, when Jesus proclaimed His kingdom on earth and in heaven, calling all to repentance and conversion so that they might follow him; *The Transfiguration*, when Jesus reveals His divine glory, glowing white while appearing with Moses and the prophet Elijah to three of his disciples; and *The Institution of the Eucharist*, when Christ gave us the gift of the Eucharist in the Last Supper.

### Discussion

- Do you know about these Luminous Mysteries? (If some kids don't know about particular mysteries, have a child who does know help explain.)
- When practice or school is difficult, how can praying or thinking about the Luminous Mysteries help bring us joy and understand Jesus better?

**Practice Plan:** See prayer. Remind kids to think about Jesus and the mysteries of His life.

**Prayer:** Select one of the Luminous Mysteries and pray a decade of the rosary before practice. Have child(ren) lead if possible.

- Our Father, 10 Hail Mary, Glory Be, Fatima Prayer
- Fatima Prayer: Oh my Jesus, forgive us our sins and save us from the fires of hell. Lead all souls to heaven, especially those in most need of Thy mercy.

**End of Practice:** Remind children about the Luminous Mysteries of the Rosary: *The Baptism in the Jordan, The Wedding Feast at Cana, The Proclamation of the Kingdom, The Transfiguration, and The Institution of the Eucharist*. Invite them to pray on those mysteries during the week, then close in prayer:

- Hail Mary, full of Grace. The Lord is with Thee. Blessed art Thou among women and Blessed is the Fruit of Thy Womb, Jesus. Holy Mary, Mother of God, Pray for us sinners, now and at the hour of our death. Mary, Queen of Heaven, Pray for Us!



## 5 Minute Game Plan

5th Grade - Fall Sports Regular Season Week 5

**Theme:** Made in the Image of God

**Scripture:** 1 Corinthians 6:19-20

*Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price. So glorify God in your body.*

**Saintly Example:** St. Rose of Lima

Born in Peru around the time when people from Europe were just discovering North and South America, St. Rose's real name was Isabel, but she was such a beautiful girl that everyone began to call her Rose. However, Rose knew that real beauty for any person was in the soul, something that only God could see. Tired of constant admiration of her beauty and not wanting her looks to lead anyone to sin, she cut her hair and wore old, unattractive clothes. Rose also felt called to enter into a convent and become a nun, but her parents refused and wanted her to marry. While she refused to marry, she obediently stayed at home and respected her parents, caring for the sick and children until one day she was able to become a Dominican nun. Rose is a model for us all of true beauty, obedience, and a constant, loving relationship with God.

**Discussion:**

- St. Paul reminds us in our scripture that our bodies were created by God and are a temple of the Holy Spirit. How does this affect what we do and how we take care of ourselves?
- To Boys: Do you treat all girls with love and respect, understanding that they were created by God just as you were? How should you treat friends (both girls and boys) knowing that everyone was created by God?
- To Girls: Do you treat all boys with love and respect, understanding that they were created by God just as you were? Do you demand that they treat you the same way?
- Both: Do you understand what is meant by modesty and the importance of dressing and acting appropriately to give glory to God?

**Practice Plan:**

- Affirm to boys/girls that they are all wonderfully created by God and that each of them was made a certain way by Him. During practice, take the time to compliment each individual at least once on something they do well (their skills, hustle, attention, etc). Make sure each child knows that you appreciate who they are and what they bring to the team.

**Prayer:**

- Heavenly Father, we ask that you watch over us during this practice and the coming week. Help us to remember at all times that we were created by you, in your image. Help us to treat each other and all we meet with respect and care, seeking holiness always. Help us to listen to you and to tune out what the world tells us about beauty and image, knowing that you created us and seeking your will. Bless us with a safe and fun practice. We ask this through Christ our Lord, Amen.

**End of Practice:** Remember to have complimented each child during the practice and point out some of the things individuals and the team did well, focusing on being positive. Remind them that each child is made in the image of God. Close with the following prayer:

- Glory Be to the Father, and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, a world without end. Amen. St. Rose of Lima, Pray for Us!

## 5 Minute Game Plan

5th Grade - Fall Sports Regular Season Week 6

**Theme:** Prayer

**Scripture:** 1 Thessalonians 5:16-18

*Rejoice always, pray constantly, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.*

**Saintly Example:** St. Kateri Tekakwitha

St. Kateri Tekakwitha was a Native American who lived in America during the 1600's. Her family died when she was very young of smallpox. During her life she longed to worship God in a Native American tribe where this was not popular. In fact, when she was baptized she was told she would now be treated like a slave instead of one of her people. When she refused to work on Sunday because it was a day reserved for worship and rest, her people did not let her eat food. Still, Kateri was faithful to God and spent hours at a time in prayer, building her relationship with Him and seeking to do as He asked. She was able to spend time with a priest and one day, she was able to run away from the camp to a Christian Native American village where she spent three years learning from the elders and priests there. Kateri Tekakwitha humbly accepted God's will and lived a simple life praying constantly until she died as a young woman of only 24 years old. It is said that when she died her face changed from looking sick and damaged by illness to being completely healthy looking, and she passed away with a smile on her face knowing that she was to see God.

**Discussion:**

- Why is prayer so important? Do you pray regularly? How can we make time to pray regularly during each day?
- How can we make prayer a big part of our team? Why do we pray at the beginning and end of practices? Are there more ways we can make prayer a focus of our team so that we can all grow in our relationship with God?

**Practice Plan:**

- During this practice and the remainder of the season, simply ask the children on the team to lead prayers if they haven't already been doing so. Allow them to read the prayers below at the beginning of practice and end, then have them recite their own during alternate practices. It could be as simple as a known prayer such as an Our Father or Hail Mary, or kids can create their own prayers. Encourage them to do as they wish and try to see if everyone can get comfortable leading the prayer at least once during the season.

**Prayer:**

- Lord, we have the gift of prayer so that we can talk to you and grow in our relationship with you. Help teach us how to pray so that we can spend time with you each day and listen to you as well. Teach us how to make prayer the most important thing we do each day and help us to learn what prayers will best lead us to you. Increase our faith and bless us with a safe and fun practice. Amen.

**End of Practice:** Remind the children the importance of prayer and encourage them to pray outside of practice. Then close with the following (have a child lead if possible):

- Our Father, Who art in heaven. Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen. St. Kateri Tekakwitha, Pray for us!

## 5 Minute Game Plan

5th Grade - Fall Sports Regular Season Week 7

**Theme:** Forgiveness

**Scripture:** Luke 15:11-32

*And he said, "There was a man who had two sons; and the younger of them said to his father, 'Father, give me the share of the property that falls to me.' And he divided his living between them. Not many days later, the younger son gathered all he had and took his journey into a far country, and there he squandered his property in loose living. And when he had spent everything, a great famine arose in that country, and he began to be in want. So he went and joined himself to one of the citizens of that country, who sent him into his fields to feed swine. And he would gladly have fed on the pods that the swine ate; and no one gave him anything. But when he came to himself he said, 'How many of my father's hired servants have bread enough and to spare, but I perish here with hunger! I will arise and go to my father's house, and I will say to him, "Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me as one of your hired servants"' And he rose and came to his father. But while he was yet at a distance, his father saw him and had compassion, and ran and embraced him and kissed him. And the son said to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.' But the father said to his servants, 'Bring quickly the best robe, and put it on him; and put a ring on his hand, and shoes on his feet; and bring the fatted calf and kill it, and let us eat and make merry; for this my son was dead, and is alive again; he was lost and is found.' And they began to make merry. "Now his elder son was in the field; and as he came and drew near to the house, he heard music and dancing. And he called one of the servants and asked what this meant. And he said to him, 'Your brother has come, and your father has killed the fatted calf, because he has received him safe and sound.' But he was angry and refused to go in. His father came out and entreated him, but he answered his father, 'Lo, these many years I have served you, and I never disobeyed your command; yet you never gave me a kid, that I might make merry with my friends. But when this son of yours came, who has devoured your living with harlots, you killed for him the fatted calf!' And he said to him, 'Son, you are always with me, and all that is mine is yours. It was fitting to make merry and be glad, for this your brother was dead, and is alive; he was lost, and is found.'"*

**Saintly Example:** St. Rita of Cascia

St. Rita was a holy woman who was made to marry a cruel husband. Though he was not nice Rita remained a good wife and mother to their children, loving all of them and constantly praying for their conversion. After her family died, St. Rita became an Augustinian nun and lived a life of prayer and service, helping many grow closer to God. Because of all the miracles she worked and God's answer to her constant prayers for difficult things, St. Rita is known as the Saint of Impossible Causes.

**Discussion:**

- Do we forgive others when they do wrong to us? Do we forgive each other on this team even for small things? How can we work to forgive as God calls us to in school, at home, and on our team?

**Practice Plan:**

- As a coach, pay special attention to the relationships on the team and work to make sure everyone gets along. If there appears to be any issues, work with the children to encourage forgiveness and make sure all the boys/girls treat each other according to today's scripture and message.

**Prayer:**

- God, help us to forgive those who sin against us and help us to treat others with love, following the example of St. Rita and all your saints. Bless our practice this day and help our team grow closer together and closer to you. We ask this through Christ our Lord, Amen.

**End of Practice:** Remind the kids about the importance of forgiveness and pray the following:

- Pray the Our Father...Add St. Rita, Pray for Us!

## 5 Minute Game Plan

5th Grade - Fall Sports Regular Season Week 8

**Theme:** Service

**Scripture:** John 13:1-20

*Now before the feast of the Passover, when Jesus knew that his hour had come to depart out of this world to the Father, having loved his own who were in the world, he loved them to the end. And during supper, when the devil had already put it on the heart of Judas Iscariot, Simon's son, to betray him, Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, rose from supper, laid aside his garments, and girded himself with a towel. Then he poured water into a basin, and began to wash the disciples' feet, and to wipe them with the towel with which he was girded. He came to Simon Peter; and Peter said to him, "Lord, do you wash my feet?" Jesus answered him, "What I am doing you do not know now, but afterward you will understand." Peter said to him, "You shall never wash my feet." Jesus answered him, "If I do not wash you, you have no part in me." Simon Peter said to him, "Lord, not my feet only but also my hands and my head!" Jesus said to him, "He who as bathed does not need to wash, except for his feet, but he is clean all over,; and you are clean, but not every one of you." For he knew who was to betray him; that was why he said, "You are not all clean." When he had washed their feet, and taken his garments and resumed his place, he said to them, "Do you know what I have done for you? You call me Teacher and Lord; and you are right, for so I am. If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have given you an example, that you also should do as I have done to you. Truly, truly, I say to you, a servant is not greater than his master; nor is he who is sent greater than he who sent him. If you know these things, blessed are you if you do them. I am not speaking of you all; I know whom I have chosen; it is that the scripture may be fulfilled, 'He who ate my bread has lifted his heel against me.' I tell you this now, before it takes place, that when it does take place you may believe that I am he. Truly, truly, I say to you, he who receives any one whom I send receives me; and he who receives me receives him who sent me."*

**Saintly Example:** St. Andre Bessette

From birth, Andre was a weak and sickly child with a great devotion to St. Joseph. When he wanted to enter the Congregation of the Holy Cross, he was denied because of his poor health. Once accepted, he humbly took on any tasks he could, handling duties as a doorkeeper, sacristan, laundry worker, messenger, and many others. In addition, he spent most nights praying for others and for the intercession of St. Joseph in his community. Andre cared for the sick and helped raise money and build a small chapel dedicated to St. Joseph in his community, which eventually grew into a magnificent church. Always told he was too sick do do things, Andre died at age 90 having lived a life of service to God and all those he met.

**Discussion:**

- The scripture and example of St. Andre Bessette call us to serve others. How can we do this in our individual lives each day? How can we serve others on or through our team?

**Practice Plan:**

- Emphasize the need to serve others and point out situations in practice where one players selfless play helped another player, or where one players "service" to the team helps the entire team.

**Prayer:**

- Lord, you give us great examples of service. Help us to serve others always so that we may learn to live as you will and lead others closer to you. Instill in us a love for others and help us to see the ways we can serve others each day. Bless our final practices and games this season. Amen.

**End of Practice:** Remind the kids about the importance of serving others and point out the ways in which they serve the good of the team. Close in prayer:

- Glory Be to the Father, and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, a world without end. Amen. St. Andre Bessette, Pray for Us!

## 5 Minute Game Plan

### 6th Grade Year Outline

#### Fall Seasons

- Preseason Week 1 - **Theme:** Covenants **Scripture:** Genesis 7:1-24 **Saint:** Noah
- Preseason Week 2 - **Theme:** The Sin of Pride **Scripture:** Genesis 11:1-9 **Saint:** Tower of Babel
- Regular Season Week 1 - **Theme:** Abraham **Scripture:** Genesis 12:1-9 **Saint:** Abraham
- Regular Season Week 2 - **Theme:** The Exodus **Scripture:** Exodus 3:2-12 **Saint:** Moses
- Regular Season Week 3 - **Theme:** Women in Scripture **Scripture:** Ruth 4: 10-17 **Saint:** Ruth
- Regular Season Week 4 - **Theme:** David vs. Goliath **Scripture:** Samuel 17:3-9, 11, 31-36, 42-43, 45-50 **Saint:** None
- Regular Season Week 5 - **Theme:** Prophets **Scripture:** Kings 19:9-18 **Saint:** Elijah
- Regular Season Week 6 - **Theme:** The Temple **Scripture:** Ezra 3:1-7, 10-13 **Saint:** None
- Regular Season Week 7 - **Theme:** Hearing God's Call **Scripture:** Isaiah 6:1-13 **Saint:** Isaiah
- Regular Season Week 8 - **Theme:** Called and Gifted **Scripture:** Jeremiah 1:4-19 **Saint:** Jeremiah

#### Winter Seasons

- Preseason Week 1 - **Theme:** False Gods **Scripture:** Exodus 20:1-6 **Saint:** St. Boniface
- Preseason Week 2 - **Theme:** Prayer **Scripture:** Matthew 7:7-8 **Saint:** St. Therese of Lisieux
- Preseason Week 3 - **Theme:** Methods of Prayer **Scripture:** Philippians 4:6-7 **Saint:** St. Theresa of Avila
- Regular Season Week 1 - **Theme:** Praying with the Psalms & the Liturgy of the Hours **Scripture:** Psalm 95:2 **Saint:** St. Benedict
- Regular Season Week 2 - **Theme:** Made in the Image of God **Scripture:** Ephesians 4:22-24 **Saint:** St. Rose of Lima
- Regular Season Week 3 - **Theme:** Morality **Scripture:** Matthew 7:12 **Saint:** St. Thomas Aquinas
- Regular Season Week 4 - **Theme:** Following the Commandments **Scripture:** John 14:15 **Saint:** St. Paul
- Regular Season Week 5 - **Theme:** Living the Beatitudes **Scripture:** Matthew 5:3-12 **Saint:** St. John Bosco
- Regular Season Week 6 - **Theme:** Jesus and the Poor **Scripture:** Luke 6:20 **Saint:** St. Vincent de Paul
- Regular Season Week 7 - **Theme:** Catholic Social Teaching **Scripture:** Quote Benedict XVI Quote **Saint:** St. Louise de Marillac
- Regular Season Week 8 - **Theme:** Life and the Dignity of the Human Person **Scripture:** 1 Corinthians 3:16 **Saint:** St. Maria Soledad
- Regular Season Week 9 - **Theme:** Call to Family and Community **Scripture:** 1 John 4:19-21 **Saint:** St. Juan Diego
- Regular Season Week 10 - **Theme:** Rights and Responsibilities **Scripture:** Matthew 25:40 **Saint:** St. Katherine Drexel
- Regular Season Week 11 - **Theme:** The Dignity of Work **Scripture:** Deuteronomy 14:29 **Saint:** St. Isaac Jogues
- Regular Season Week 12 - **Theme:** Solidarity **Scripture:** 1 Corinthians 12:12, 22-26 **Saint:** St. Kateri Tekakwitha

#### Spring Seasons

- Preseason Week 1 - **Theme:** The Apostles Creed **Scripture:** Isaiah 45:5 **Saint:** St. Basil
- Preseason Week 2 - **Theme:** The Holy Trinity **Scripture:** John 15:26 **Saint:** St. Athanasius
- Regular Season Week 1 - **Theme:** The Catholic Church **Scripture:** Galatians 3:26-28 **Saint:** St. Peter

## 5 Minute Game Plan

- Regular Season Week 2 - **Theme:** The Communion of Saints **Scripture:** 1 Thessalonians 4:14-16  
**Saint:** St. Martin de Porres
- Regular Season Week 3 - **Theme:** The Forgiveness of Sins **Scripture:** John 20:22-23 **Saint:** St. Paul Miki
- Regular Season Week 4 - **Theme:** Life Everlasting **Scripture:** John 5:24 **Saint:** None

## 5 Minute Game Plan

6th Grade - Fall Sports Preseason Week 1

**Theme:** Covenants

**Scripture:** Genesis 7:1-5, 17-24

*Then the Lord said to Noah, "Go into the ark, you and all your household, for I have seen that you are righteous before me in this generation. Take with you seven pairs of all clean animals, the male and his mate; and a pair of the animals that are not clean, the male and his mate; and seven pairs of the birds of the air also, male and female, to keep their kind alive upon the face of all the earth. For in seven days I will send rain upon the earth forty days and forty nights; and every living thing that I have made I will blot out from the face of the ground." And Noah did all that the Lord had commanded him.*

*The flood continued forty days upon the earth; and the waters increased, and bore up the ark, and it rose high above the earth. The waters prevailed and increased greatly upon the earth; and the ark floated on the face of the waters. And the waters prevailed so mightily upon the earth that all the high mountains under the whole heaven were covered; the waters prevailed above the mountains, covering them fifteen cubits deep. And all flesh died that moved upon the earth, birds, cattle, beasts, all swarming creatures that swarm upon the earth, and every man; everything on the dry land in whose nostrils was the breath of life died. He blotted out every living thing that was upon the face of the ground, man and animals and creeping things and birds of the air; they were blotted out from the earth. Only Noah was left, and those that were with him in the ark. And the waters prevailed upon the earth a hundred and fifty days.*

### **Old Testament Example: Noah**

In the time of Noah the effects of sin were causing great suffering in people and nature. But not all people were doing bad things. God saw that Noah was living with virtue and trying his best to follow God, so he spared him from the great flood that was to occur. This is an example of God's great mercy on His people. Noah, being a good man and a follower of God, obeyed God's commands and built the ark, gathered animals and then stayed there with his family. After the flood, God then draws good from the evil that was present as He enters into a new covenant with Noah and all his decedents. A Covenant can be described as a promise between God and His people; a promise to continue His merciful love in words and deeds.

### **Discussion:**

- Noah must have looked odd to everyone else when he was building his great ark, but he simply listened to God and was rewarded for his faith. Can you think of a time when you chose to listen to God instead of doing what was popular? Is it hard to follow God in today's world?
- A covenant is a promise between God and His people. What promise can we make this season to God that will help us follow His will and grow in our relationships with Him?

**Practice Plan:** As a team, make a promise to God that can help all the players grow in their relationship with Him. Make a commitment to do something during practices and games and develop reminders to make this a season long commitment to God.

**Prayer:** Heavenly Father, we thank you for your mercy and love. We thank you for the example of Noah and all the faithful men and women who have gone before us. Help us to love you and to live our lives as best as possible so that we can grow closer to you and honor your love for us. Bless us in this season and grant that we may have a fun, safe practice. Amen.

**End of Practice:** Remind the team about the story of Noah and the promise/commitment the team made to God at the beginning of practice. Then close with the following prayer:

- Our Father, Who art in heaven. Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.

## 5 Minute Game Plan

6th Grade - Fall Sports Preseason Week 2

**Theme:** The Sin of Pride

**Scripture:** Genesis 11:1-9

*Now the whole earth had one language and few words. And as men migrated from the east, they found a plain in the land of Shinar and settled there. And they said to one another, "Come, let us make bricks, and burn them thoroughly." And they had brick for stone, and bitumen for mortar. Then they said, "Come, let us build ourselves a city, and a tower with its top in the heavens, and let us make a name for ourselves, lest we be scattered abroad upon the face of the whole earth." And the Lord came down to see the city and the tower, which the sons of men had built. And the Lord said, "Behold, they are one people, and they have all one language; and this is only the beginning of what they will do; and nothing that they propose to do will now be impossible for them. Come, let us go down, and there confuse their language, that they may not understand one another's speech." So the Lord scattered them abroad from there over the face of all the earth, and they left off building the city. Therefore its name was called Babel, because there the Lord confused the language of all the earth; and from there the Lord scattered them abroad over the face of all the earth.*

**Old Testament Topic:** Tower of Babel

The story of the Tower of Babel is a story about the sin of pride. The people in the scripture verses what we just read had become prideful, meaning that they had forgotten about God and thought they could do everything on their own without Him. When they didn't think they needed God, they stopped acting like they were the people He created. Like the story of Noah and the great flood, there were effects for this sin of pride: the people were "scattered" around the world and made to speak different languages so they could not understand each other. As we'll see next week in the story of Abraham, God had to once again find a way to bring good out of the evil of sin by creating a new nation now that people were scattered and confused.

**Discussion:**

- How does the sin of pride affect the world today? Can you think of an example where people have forgotten about God and tried to do things themselves?
- How could our team fall into the trap of pride? What can we do to make sure we avoid that?

**Practice Plan:** Identify with your team the ways a team can fall into pride and think they can do things themselves, without God's help. Resolve with the team to ask for God's help in everything and to avoid thinking that we don't need God during our practices and games. Remind them that everything we have, even in sports, comes from God.

**Prayer:**

- Lord, help us learn from the example of the Tower of Babel and seek to avoid the sin of pride. Help us individually to always remember that we can do nothing alone, but everything with you. Bless our team this year and help us to avoid pride by giving you glory in each practice and game, asking for your help during difficult times, and remembering the promise we have made to follow you this year. We thank you for your merciful love and pray that you will bless this practice. Amen.

**End of Practice:** Remind the kids about the conversation at the beginning of practice and the need for God in all our lives. Remind them to avoid pride and seek God in all things. Pray the following:

- Glory Be to the Father, and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, a world without end. Amen.



## 5 Minute Game Plan

6th Grade - Fall Sports Regular Season Week 1

**Theme:** Abraham

**Scripture:** Genesis 12:1-9

*Now the Lord said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. And I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and him who curses you I will curse; and by you all the families of the earth shall bless themselves." So Abram went, as the Lord had told him; and Lot went with him. Abram was seventy-five years old when he departed from Haran. And Abram took Sarai his wife, and Lot his brother's son, and all their possessions which they had gathered, and the persons that they had gotten in Haran; and they set forth to go to the land of Canaan. When they had come to the land of Canaan, Abram passed through the land to the place at Shechem, to the oak of Moreh. At that time the Canaanites were in the land. Then the Lord appeared to Abram, and said, "To your descendants I will give this land." So he built there an altar to the Lord, who had appeared to him. Thence he removed to the mountain on the east of Bethel, and pitched his tent, with Bethel on the west and Ai on the east; and there he built an altar to the Lord and called on the name of the Lord. And Abram journeyed on, still going toward the Negeb.*

**Old Testament Example:** Abraham

Last week we learned about the Tower of Babel and the sin of pride. In response to the effects of this sin, God sought to make a new covenant of love with His people. He called to Abram and told him to take up all his belongings and move to a land God would show him. As the scripture says, Abram was 75 years old; this was a difficult task and he could have said no thanks and stayed where he was. But Abram was immediately faithful and listened to God's call, doing as God asked. As a result, God formed a new covenant with him and made him our father in faith. In fact, Abram would become known as Abraham, which means "Father of Many Nations". The story of Abram once again shows God's merciful love for His people and shows the faithful response of His servant Abram, who through being a holy man who listened to God, helped lead people back toward God.

**Discussion:**

- Abram said "yes" to God's call and God entered into a new covenant of love with him. How are we called to respond to God's call? How can we say yes to him each day by our words and actions?
- How can our team act in the image of God? How does this affect our actions in practice and games? How does this affect our relationships with opponents or officials?

**Practice Plan:** Make a commitment to practicing and playing in a way that reflects our being created in God's image. Talk to the kids about saying "yes" to God by playing sports in a way that glorifies Him and demonstrates His love for all mankind.

**Prayer:**

- Lord, you are great and powerful. Just as you called Abram and showed his people into a new land which you prepared, lead us always in your ways and look upon us with your merciful love. Help us to listen so that we may hear your call in our individual lives, and help us to practice and play sports in a way that glorifies you and demonstrates our love for you. Grant that our practice may be safe and fun. Amen.

**End of Practice:** Remind team about the importance of living in a way that reflects God's love in all things, including sports. This means loving others and seeking to understand what God wants us to do at all times. Conclude with the following prayer:

- Glory Be to the Father, and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, a world without end. Amen.

## 5 Minute Game Plan

6th Grade - Fall Sports Regular Season Week 2

**Theme:** The Exodus

**Scripture:** Exodus 3:2-12

*And the angel of the Lord appeared to him in a flame of fire out of the midst of a bush; and he looked, and lo, the bush was burning, yet it was not consumed. And Moses said, "I will turn aside and see this great sight, why the bush is not burnt." When the Lord saw that he turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here am I." Then he said, "Do not come near; put off your shoes from your feet, for the place on which you are standing is holy ground." And he said, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God. Then the Lord said, "I have seen the affliction of my people who are in Egypt, and have heard their cry because of their taskmasters; I know their sufferings, and I have come down to deliver them out of the hand of the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the place of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. And now, behold, the cry of the people of Israel has come to me, and I have seen the oppression with which the Egyptians oppress them. Come, I will send you to Pharaoh that you may bring forth my people, the sons of Israel, out of Egypt." But Moses said to God, "Who am I that I should go to Pharaoh, and bring the sons of Israel out of Egypt?" He said, "But I will be with you; and this shall be the sign for you, that I have sent you: when you have brought forth the people out of Egypt, you shall serve God upon this mountain."*

### **Old Testament Example: Moses**

In today's scripture we learn about Moses, who is an important figure in history. Moses was called to that burning bush by God to lead the Israelites out of slavery in Egypt and into the promised land. This was a very important task and one that initially made Moses very afraid. Moses didn't think he would be able to accomplish such an important and dangerous task by himself. But God reminds him that God will be with him and Moses trusts him, saying yes to God's call. By trusting God, Moses embarks upon a very important part of salvation history and becomes a great figure in the bible.

### **Discussion:**

- God appeared to Moses in the burning bush, and Moses was afraid. Can you think of a time where you felt God was asking you to do something and you were afraid to say yes?
- When God reassures Moses He will be with him in this difficult task, God gives him a staff which will be a sign of God's love and will be used for miracles in the years to come. When we are up against something difficult as a team, what can we use as a sign that God is with us?

**Practice Plan:** With the team, come up with something that can be a sign or reminder that God is always with you. This could be something as simple as a rosary or medal. This can serve as a reminder on the team's journey that God is always with them and will guide them, win or lose.

**Prayer:** Lord, you chose Moses to help lead the people out of slavery in Egypt. Help us to say yes when we hear you call so that you can lead us away from sin and toward eternal life. Bless our team that we can come to grow in our relationship with you during this practice. Keep us safe on this journey that is our season and bless our efforts that we can glorify you through getting better and performing as best we can. We ask all this through Christ our Lord, Amen.

**End of Practice:** Remind the team about the story of Moses and God's call from the burning bush.

Remind them of the sign your team has chosen to remember that God is always with them. Then pray:

- Our Father, Who art in heaven. Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.

## 5 Minute Game Plan

6th Grade - Fall Sports Regular Season Week 3

**Theme:** Women in Scripture

**Scripture:** Ruth 4:10-17

*Also Ruth the Moabitess, the widow of Mahlon, I have bought to be my wife, to perpetuate the name of the dead in his inheritance, that the name of the dead may not be cut off from among his brethren and from the gate of his native place; you are witnesses this day." Then all the people who were at the gate, and the elders, said, "We are witnesses. May the Lord make the woman, who is coming into your house, like Rachel and Leah, who together built up the house of Israel. May you prosper in Ephrathah and be renowned in Bethlehem; and may your house be like the house of Perez, whom Tamar bore to Judah, because of the children that the Lord will give you by this young woman." So Boaz took Ruth and she became his wife; and he went in to her, and the Lord gave her conception, and she bore a son. Then the women said to Naomi, "Blessed be the Lord, who has not left you this day without next of kin; and may his name be renowned in Israel! He shall be to you a restorer of life and a nourisher of your old age; for your daughter-in-law who loves you, who is more to you than seven sons, has borne him." Then Naomi took the child and laid him in her bosom, and became his nurse. And the women of the neighborhood gave him a name, saying, "A son has been born to Naomi." They named him Obed; he was the father of Jesse, the father of David.*

### **Old Testament Example:** Ruth

In the Old Testament times, a woman whose husband and sons had died was left with nobody to care for her. Unable to provide for herself, it would be very hard for someone like Naomi in the scripture above to live. Yet when this happened to Naomi, her former daughter-in-law Ruth stuck with her. Ruth promised to take care of her and traveled with her to Bethlehem. There Ruth met Boaz, who agreed to marry her and take care of Naomi and Ruth. Later, Ruth and Boaz had a son named Obed. This was important because Obed was the grandfather of the great King David. In making the difficult choice to stay with Naomi instead of returning to her own family, Ruth also made a statement of faith to God and sought to follow Him. Her faith was rewarded when her family tree eventually brought forth David, the great king and ancestor of Jesus.

### **Discussion:**

- Have you ever chosen to do something more difficult out of faith rather than taken the easy way out? Sometimes this is called taking a "leap of faith."
- Ruth is one of the most important women in the Old Testament. Who is an important woman in your life and how has she helped you to grow in faith?

**Practice Plan:** Encourage the kids to continue listening to God's call and seeking to do as he asks us to do.

### **Prayer:**

- Heavenly Father, help us to grow in faith during this practice and over the rest of this season. Bless all the women in our lives who are great examples of faith. Lead us always toward you. Keep us safe and help us to have fun in our practices and games this week, honoring and glorifying you through all our words and actions. Amen.

**End of Practice:** Remind the children of the story of Ruth and close with the following prayer:

- Hail Mary, full of Grace. The Lord is with Thee. Blessed art Thou among women and Blessed is the Fruit of Thy Womb, Jesus. Holy Mary, Mother of God, Pray for us sinners, now and at the hour of our death. Mary, Queen of Heaven, Pray for Us

## 5 Minute Game Plan

6th Grade - Fall Sports Regular Season Week 4

**Theme:** David vs. Goliath

**Scripture:** Samuel 17:3-9, 11, 31-36, 42-43, 45-50

*And the Philistines stood on the mountain on the one side, and Israel stood on the mountain on the other side, with a valley between them. And there came out from the camp of the Philistines a champion named Goliath, of Gath, whose height was six cubits and a span. He had a helmet of bronze on his head, and he was armed with a coat of mail, and the weight of the coat was five thousand shekels of bronze. And he had greaves of bronze upon his legs, and a javelin of bronze slung between his shoulders. And the shaft of his spear was like a weaver's beam, and his spear's head weighed six hundred shekels of iron; and his shield-bearer went before him. He stood and shouted to the ranks of Israel, "Why have you come out to draw up for battle? Am I not a Philistine, and are you not servants of Saul? Choose a man for yourselves, and let him come down to me. If he is able to fight with me and kill me, then we will be your servants; but if I prevail against him and kill him, then you shall be our servants and serve us." When Saul and all Israel heard these words of the Philistine, they were dismayed and greatly afraid.*

*When the words which David spoke were heard, they repeated them before Saul; and he sent for him. And David said to Saul, "Let no man's heart fail because of him; your servant will go and fight with this Philistine." And Saul said to David, "You are not able to go against this Philistine to fight with him; for you are but a youth, and he has been a man of war from his youth." But David said to Saul, "Your servant used to keep sheep for his father; and when there came a lion, or a bear, and took a lamb from the flock, I went after him and smote him and delivered it out of his mouth; and if he arose against me, I caught him by his beard, and smote him and killed him. Your servant has killed both lions and bears; and this uncircumcised Philistine shall be like one of them, seeing he has defied the armies of the living God." And when the Philistine looked, and saw David, he disdained him; for he was but a youth, ruddy and comely in appearance. And the Philistine said to David, "Am I a dog, that you come to me with sticks?" And the Philistine cursed David by his gods.*

*Then David said to the Philistine, "You come to me with a sword and with a spear and with a javelin; but I come to you in the name of the Lord of hosts, the God of the armies of Israel, whom you have defied. This day the Lord will deliver you into my hand, and I will strike you down, and cut off your head; and I will give the dead bodies of the host of the Philistines this day to the birds of the air and to the wild beasts of the earth; that all the earth may know that there is a God in Israel, and that all this assembly may know that the Lord saves not with sword and spear; for the battle is the Lord'S and he will give you into our hand." When the Philistine arose and came and drew near to meet David, David ran quickly toward the battle line to meet the Philistine. And David put his hand in his bag and took out a stone, and slung it, and struck the Philistine on his forehead; the stone sank into his forehead, and he fell on his face to the ground. So David prevailed over the Philistine with a sling and with a stone, and struck the Philistine, and killed him; there was no sword in the hand of David.*

**Practice Plan:** Use the story of David and Goliath to inspire your team. Explain that this story shows that when God is with you, anything is possible. Note that this story is so popular it is still used to describe any time a team beats another team much larger or better than them. Add any other encouragement based on the tale of David and Goliath.

**Prayer:** Lord, in the story of David vs. Goliath you show us that with God, anything is possible. Help us to be like David by being faithful to God and praying for his help in difficult situations. Bless our team with a safe and productive practice, help us all to grow in our abilities and our relationship with you. Amen.

**End of Practice:** Remind the children of the story of David and Goliath, then pray the following:

- Glory Be to the Father, and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, a world without end. Amen.

## 5 Minute Game Plan

6th Grade - Fall Sports Regular Season Week 5

**Theme:** Prophets

**Scripture:** Kings 19:9-18

*And there he came to a cave, and lodged there; and behold, the word of the Lord came to him, and he said to him, "What are you doing here, Elijah?" He said, "I have been very jealous for the Lord, the God of hosts; for the people of Israel have forsaken thy covenant, thrown down thy altars, and slain thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away." And he said, "Go forth, and stand upon the mount before the Lord." And behold, the Lord passed by, and a great and strong wind rent the mountains, and broke in pieces the rocks before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a still small voice. And when Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. And behold, there came a voice to him, and said, "What are you doing here, Elijah?" He said, "I have been very jealous for the Lord, the God of hosts; for the people of Israel have forsaken thy covenant, thrown down thy altars, and slain thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away." And the Lord said to him, "Go, return on your way to the wilderness of Damascus; and when you arrive, you shall anoint Hazael to be king over Syria; and Jehu the son of Nimshi you shall anoint to be king over Israel; and Elisha the son of Shaphat of Abel-meholah you shall anoint to be prophet in your place. And him who escapes from the sword of Hazael shall Jehu slay; and him who escapes from the sword of Jehu shall Elisha slay. Yet I will leave seven thousand in Israel, all the knees that have not bowed to Baal, and every mouth that has not kissed him."*

**Old Testament Example:** Elijah

A prophet is a messenger from God, chosen to speak to God's people and relay messages from Him. When people were living in sin, the prophets reminded the people what they must do to live according to God's law and spoke of hope, reminding people of God's merciful love. In the scripture today we hear the story of Elijah, who lived in about 850 B.C. During his life, people were under the rule of King Ahab, a bad king who introduced the worship of the pagan god Baal and led people away from the true God. Elijah was called by God to proclaim His name and stop people from worshipping the false gods. God worked many miracles through Elijah and helped convert people away from sin. Elisha eventually followed Elijah as a prophet.

**Discussion:**

- In the story of Elijah, God appears not in the wind, earthquake or fire, but in the silence as a small voice. Where do you hear God speak to you today? How can you find silence to listen to God?
- As a team, how can we imitate the prophets and share God's message of love through the way we practice and play? Can we be a sign of God's love for others?

**Practice Plan:** Emphasize to the team that they can be an instrument of God's love to others through their attitude and actions during practices and games. By glorifying God and playing in a way that reflects His love, they too can help remind people of God. Encourage them also to listen for God in silence.

**Prayer:** Heavenly Father, you sent the prophets Elijah and Elisha to be your messengers to a people who worshipped false gods. Help us, like them, to find you in the silence of each day and to listen for your message to each of us. May we be an instrument of your merciful love in the way we practice and play on this team. Bless us with a safe and fun practice. Amen.

**End of Practice:** Remind the children to find time for silent prayer. Encourage them to continue glorifying God in their practice and play, being an instrument of his love in their joy and interactions with others.

Then close with the following prayer:

- Glory Be to the Father, and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, a world without end. Amen.

## 5 Minute Game Plan

6th Grade - Fall Sports Regular Season Week 6

**Theme:** The Temple

**Scripture:** Ezra 3:1-7,10-13

*When the seventh month came, and the sons of Israel were in the towns, the people gathered as one man to Jerusalem. Then arose Jeshua the son of Jozadak, with his fellow priests, and Zerubbabel the son of She-alti-el with his kinsmen, and they built the altar of the God of Israel, to offer burnt offerings upon it, as it is written in the law of Moses the man of God. They set the altar in its place, for fear was upon them because of the peoples of the lands, and they offered burnt offerings upon it to the Lord, burnt offerings morning and evening. And they kept the feast of booths, as it is written, and offered the daily burnt offerings by number according to the ordinance, as each day required, and after that the continual burnt offerings, the offerings at the new moon and at all the appointed feasts of the Lord, and the offerings of every one who made a freewill offering to the Lord. From the first day of the seventh month they began to offer burnt offerings to the Lord. But the foundation of the temple of the Lord was not yet laid. So they gave money to the masons and the carpenters, and food, drink, and oil to the Sidonians and the Tyrians to bring cedar trees from Lebanon to the sea, to Joppa, according to the grant which they had from Cyrus king of Persia. And when the builders laid the foundation of the temple of the Lord, the priests in their vestments came forward with trumpets, and the Levites, the sons of Asaph, with cymbals, to praise the Lord, according to the directions of David king of Israel; and they sang responsively, praising and giving thanks to the Lord, "For he is good, for his steadfast love endures for ever toward Israel." And all the people shouted with a great shout, when they praised the Lord, because the foundation of the house of the Lord was laid. But many of the priests and Levites and heads of fathers' houses, old men who had seen the first house, wept with a loud voice when they saw the foundation of this house being laid, though many shouted aloud for joy; so that the people could not distinguish the sound of the joyful shout from the sound of the people's weeping, for the people shouted with a great shout, and the sound was heard afar.*

**Old Testament Topics:** The Temple

For the people of Israel, the Temple was the central place of worship to God. The original temple was built by King Solomon in around 966 B.C. and it was a large and beautiful building. In Jewish tradition, males were required to make a pilgrimage there three times each year. However, kings and other nations understood the significance of this place and destroyed it when they conquered the Israelites as a way of attempting to destroy their faith. The key part of the temple was the Holy of Holies; once a year on the feast of Yom Kippur, the high priest would enter the Holy of Holies to offer sacrifice to God in atonement for the sins of the people. After the temple was destroyed by the Romans in 70 A.D. it was never rebuilt, leaving only the western wall standing, which is now known as the "wailing wall". Unable to worship in the temple, Jewish people still make pilgrimages today.

**Practice Plan:** Use the story of the temple to express to the children the importance of their own churches. Remind them that as Catholics, we know God is present in the Tabernacle that resides in our churches. This is a place we can always go to pray and listen to God. It's important to always be respectful of our churches and to admire their beauty as a place of worship.

**Prayer:** Heavenly Father, you gave the Israelites a special place of worship and a symbol of your great love. Today, we know that Christ dwells within each of us and makes each of us a home for the Holy Spirit, just as He dwells in the presence of the Eucharist within our churches. Help us to grow closer to God in the presence of others and in our schools and parishes and bless this practice today. Amen.

**End of Practice:** Encourage the children to consider the importance of their own church this week. Close with the following prayer:

- Our Father, Who art in heaven. Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.

## 5 Minute Game Plan

6th Grade - Fall Sports Regular Season Week 7

**Theme:** Hearing God's Call

**Scripture:** Isaiah 6:1-13

*In the year that King Uzziah died I saw the Lord sitting upon a throne, high and lifted up; and his train filled the temple. Above him stood the seraphim; each had six wings: with two he covered his face, and with two he covered his feet, and with two he flew. And one called to another and said: "Holy, holy, holy is the Lord of hosts; the whole earth is full of his glory." And the foundations of the thresholds shook at the voice of him who called, and the house was filled with smoke. And I said: "Woe is me! For I am lost; for I am a man of unclean lips, and I dwell in the midst of a people of unclean lips; for my eyes have seen the King, the Lord of hosts!" Then flew one of the seraphim to me, having in his hand a burning coal which he had taken with tongs from the altar. And he touched my mouth, and said: "Behold, this has touched your lips; your guilt is taken away, and your sin forgiven." And I heard the voice of the Lord saying, "Whom shall I send, and who will go for us?" Then I said, "Here am I! Send me." And he said, "Go, and say to this people: 'Hear and hear, but do not understand; see and see, but do not perceive.' Make the heart of this people fat, and their ears heavy, and shut their eyes; lest they see with their eyes, and hear with their ears, and understand with their hearts, and turn and be healed." Then I said, "How long, O Lord?" And he said: "Until cities lie waste without inhabitant, and houses without men, and the land is utterly desolate, and the Lord removes men far away, and the forsaken places are many in the midst of the land. And though a tenth remain in it, it will be burned again, like a terebinth or an oak, whose stump remains standing when it is felled." The holy seed is its stump.*

**Old Testament Example:** Isaiah

The prophet Isaiah is considered one of the four "major prophets" in the bible, and the book of Isaiah in the bible contains great wisdom. In today's scripture, we hear about God calling Isaiah, who saw a vision of The Lord. Do you notice the words the angels speak to Isaiah? Their cry of "Holy, holy holy" is still used in our Mass today! Not only did Isaiah speak to the people of his time about God and help them to see God as the one true God, Isaiah also spoke of the coming of Jesus. Though he lived over 700 years before Jesus, you'll notice several of the things he said quoted by Jesus in the New Testament as a way to show the Jewish people that he was the Messiah promised by Isaiah and the prophets. Through Isaiah's faithfulness to God and his sharing of God's message with the people, he led many people through difficult times and to God.

**Discussion:**

- How do the messages of the prophets long ago relate to us today? (The prophets shared a message of God's merciful love and told people they were made in the image of God. They helped lead many people to God in times of great difficulty. This message is true today.)

**Practice Plan:** Encourage the children to always seek God and His love in times of joy and when things are difficult. Remind them they can always turn to the bible to see examples of His love in scripture.

**Prayer:**

- Mighty God, you gave Isaiah and your prophets the task of being a messenger to your people. Help us to also understand your word and to draw near to you at all times. Like the prophets appeared to the people of God during times that were particularly difficult, be with us and help us to turn to you when our practice, school or life gets hard. Bless this practice and help us to learn and have fun. Amen.

**End of Practice:** Remind children of God's merciful love and close with the following prayer:

- Hail Mary, full of Grace. The Lord is with Thee. Blessed art Thou among women and Blessed is the Fruit of Thy Womb, Jesus. Holy Mary, Mother of God, Pray for us sinners, now and at the hour of our death. Mary, Queen of Heaven, Pray for Us

## 5 Minute Game Plan

6th Grade - Fall Sports Regular Season Week 8

**Theme:** Called and Gifted

**Scripture:** Jeremiah 1:4-19

*Now the word of the Lord came to me saying, "Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations." Then I said, "Ah, Lord GOD! Behold, I do not know how to speak, for I am only a youth." But the Lord said to me, "Do not say, 'I am only a youth'; for to all to whom I send you you shall go, and whatever I command you you shall speak. Be not afraid of them, for I am with you to deliver you, says the Lord." Then the Lord put forth his hand and touched my mouth; and the Lord said to me, "Behold, I have put my words in your mouth. See, I have set you this day over nations and over kingdoms, to pluck up and to break down, to destroy and to overthrow, to build and to plant." And the word of the Lord came to me, saying, "Jeremiah, what do you see?" And I said, "I see a rod of almond." Then the Lord said to me, "You have seen well, for I am watching over my word to perform it." The word of the Lord came to me a second time, saying, "What do you see?" And I said, "I see a boiling pot, facing away from the north." Then the Lord said to me, "Out of the north evil shall break forth upon all the inhabitants of the land. For, lo, I am calling all the tribes of the kingdoms of the north, says the Lord; and they shall come and every one shall set his throne at the entrance of the gates of Jerusalem, against all its walls round about, and against all the cities of Judah. And I will utter my judgments against them, for all their wickedness in forsaking me; they have burned incense to other gods, and worshiped the works of their own hands. But you, gird up your loins; arise, and say to them everything that I command you. Do not be dismayed by them, lest I dismay you before them. And I, behold, I make you this day a fortified city, an iron pillar, and bronze walls, against the whole land, against the kings of Judah, its princes, its priests, and the people of the land. They will fight against you; but they shall not prevail against you, for I am with you, says the Lord, to deliver you."*

**Old Testament Example:** Jeremiah

Jeremiah is another one of the bible's major prophets who lived around 600 B.C. He warned the people about the Babylonian conquering and exile, when Jerusalem fell and the temple was once again destroyed. In today's scripture we learn that Jeremiah was very young when he was called by God, and yet God used him to do great things among His people. Most of the kings that Jeremiah tried to give the message of God did not listen to him, but he was still able to do great things in his ministry. Just like Isaiah, Jeremiah told about the coming of the Messiah (Jesus) and gave great hope to the people.

**Discussion:**

- Jeremiah was very young and yet he was called by God to be a great prophet. What is God calling you to do to share His message and love with people today? Do you listen to God and work to help others grow closer to Him? Or do your words and actions lead people away from God?

**Practice Plan:** Help the children to see how their words and actions during practice reflect God's love. Be positive with the children at all times and encourage them to be positive with each other. Let them know that in simple ways each day we can be an image of God to others and help them to know Him better.

**Prayer:** Lord, the prophet Jeremiah ministered to your people and told of your coming many years before your life on earth. Help us to be an image of you to our friends, family and even those we don't know. Help us to reflect your love in our words and actions, always sharing the message of God and loving you in all we do. Bless our practice today and help us to remain safe while having fun. Amen.

**End of Practice:** Remind the children that they can be an image of God through their words and actions. Then close with the following prayer:

- Our Father, Who art in heaven. Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.



## 5 Minute Game Plan

### 7th Grade - Year Outline

#### Fall Seasons

- Preseason Week 1 - **Theme:** Acts of the Apostles - Pentecost **Scripture:** Acts 1:1-13 **Saint:** St. Andrew
- Preseason Week 2 - **Theme:** Acts of the Apostles - Election of Matthias **Scripture:** Acts 1:15-16, 21-26 **Saint:** St. Matthias
- Regular Season Week 1 - **Theme:** Acts of the Apostles - Cure of the Lame man **Scripture:** Acts 3:1-10 **Saint:** St. John
- Regular Season Week 2 - **Theme:** Acts of the Apostles - Ananias and Sapphira **Scripture:** Acts 5:1-11 **Saint:** Sts. Bartholomew and Simon
- Regular Season Week 3 - **Theme:** Acts of the Apostles - Peter and Cornelius **Scripture:** Acts 10:1-33 **Saint:** None
- Regular Season Week 4 - **Theme:** Acts of the Apostles - Stoning of Stephen **Scripture:** Acts 7:55-8:3 **Saint:** St. Stephen
- Regular Season Week 5 - **Theme:** Acts of the Apostles - Paul and Silas **Scripture:** Acts 16:25-36 **Saint:** St. Matthew
- Regular Season Week 6 - **Theme:** Acts of the Apostles - Conversion of Paul **Scripture:** Acts 9:1-22 **Saint:** St. Paul
- Regular Season Week 7 - **Theme:** Sacraments of Service - Holy Orders **Scripture:** Ephesians 4:11-12 **Saint:** St. Scholastica
- Regular Season Week 8 - **Theme:** Sacraments of Service - Marriage **Scripture:** Colossians 3:18-21 **Saint:** St. Joseph

#### Winter Seasons

- Preseason Week 1 - **Theme:** Applying Jesus' Teachings - Beatitudes **Scripture:** Matthew 5:1-12 **Saint:** Blessed Pier Giorgio Frassati
- Preseason Week 2 - **Theme:** Applying Jesus' Teachings - Prayer **Scripture:** Matthew 6:1-6 **Saint:** St. Benedict
- Preseason Week 3 - **Theme:** Applying Jesus' Teachings - The Will of God **Scripture:** Matthew 7:7-8, 21 **Saint:** St. Elizabeth Seton
- Regular Season Week 1 - **Theme:** Applying Jesus' Teachings - Parables **Scripture:** Matthew 13:10-13 **Saint:** None
- Regular Season Week 2 - **Theme:** Applying Jesus' Teachings - Miracles **Scripture:** Luke 5:4-9 **Saint:** St. Philip (Apostle)
- Regular Season Week 3 - **Theme:** Applying Jesus' Teachings - Service **Scripture:** John 13:12-17 **Saint:** St. Angela Merici
- Regular Season Week 4 - **Theme:** Applying Jesus' Teachings - Mission **Scripture:** Luke 9:21-22 **Saint:** St. Philippine Duchesne
- Regular Season Week 5 - **Theme:** Applying Jesus' Teachings - Discrimination **Scripture:** Galatians 3:28 **Saint:** St. Maximilian Kolbe
- Regular Season Week 6 - **Theme:** Applying Jesus' Teachings - Eucharist **Scripture:** John 6:35 **Saint:** St. Thomas Aquinas
- Regular Season Week 7 - **Theme:** Applying Jesus' Teachings - Respect for Life **Scripture:** Psalm 139:13-16 **Saint:** St. Peter Claver
- Regular Season Week 8 - **Theme:** Applying Jesus' Teachings - Modesty **Scripture:** Matthew 5:27-30 **Saint:** St. Therese of Lisieux
- Regular Season Week 9 - **Theme:** The Holy Spirit - Unifying the Church **Scripture:** Acts 2:1-4 **Saint:** St. Catherine of Siena
- Regular Season Week 10 - **Theme:** The Holy Spirit - Vocational Discernment **Scripture:** 1 Corinthians 12:4-11 **Saint:** St. John Neumann

## 5 Minute Game Plan

- Regular Season Week 11 - **Theme:** Mary as Mother - The Memorare **Scripture:** Luke 1:41-44 **Saint:** None
- Regular Season Week 12 - **Theme:** Hail Holy Queen - Mary as Queen of Heaven **Scripture:** Revelation 12:1-6 **Saint:** Mary, Queen of Heaven

## Spring Seasons

- Preseason Week 1 - **Theme:** Stations of the Cross **Scripture:** Luke 23:20-25 **Saint:** St. Longinus
- Preseason Week 2 - **Theme:** Liturgy **Scripture:** Acts 2:42 **Saint:** St. John Chrysostom
- Regular Season Week 1 - **Theme:** Perpetual Adoration **Scripture:** 1 Chronicles 29:10-13 **Saint:** St. Faustina
- Regular Season Week 2 - **Theme:** Sacramentals **Scripture:** 1 Timothy 4:4-5 **Saint:** St. George
- Regular Season Week 3 - **Theme:** Novenas **Scripture:** 1 Corinthians 14:15 **Saint:** St. Anthony of Padua
- Regular Season Week 4 - **Theme:** Popular Piety **Scripture:** CCC 1674-1676 **Saint:** St. Francis of Assisi

## 5 Minute Game Plan

7th Grade - Fall Sports Preseason Week 1

**Theme:** Pentecost

**Scripture:** Acts 1:1-13

*To them he presented himself alive after his passion by many proofs, appearing to them during forty days, and speaking of the kingdom of God. And while staying with them he charged them not to depart from Jerusalem, but to wait for the promise of the Father, which, he said, "you heard from me, for John baptized with water, but before many days you shall be baptized with the Holy Spirit." So when they had come together, they asked him, "Lord, will you at this time restore the kingdom to Israel?" He said to them, "It is not for you to know times or seasons which the Father has fixed by his own authority. But you shall receive power when the Holy Spirit has come upon you; and you shall be my witnesses in Jerusalem and in all Judea and Samaria and to the end of the earth." And when he had said this, as they were looking on, he was lifted up, and a cloud took him out of their sight. And while they were gazing into heaven as he went, behold, two men stood by them in white robes, and said, "Men of Galilee, why do you stand looking into heaven? This Jesus, who was taken up from you into heaven, will come in the same way as you saw him go into heaven."*

**Saintly Example:** St. Andrew

St. Andrew is considered the first disciple of Jesus, and he was the brother of Simon Peter (St. Peter). Both were fishermen when they began to follow The Lord, at which time Jesus invited them to become "fishers of men" and they became true disciples, following Jesus in all his ministry. While not much is known about St. Andrew's life beyond what is written in the gospels, it is believed Andrew went to Greece to preach the Gospel after Christ's death, and that he was eventually put to death on a cross like Christ.

**Discussion:**

St. Andrew left everything to become a disciple of Jesus, his work, home and family. This is never easy, but Christ is calling us to leave things behind to follow Him as well. Are there things that are getting in the way of your prayer and following Christ? What things each day prevent you from truly following Christ? (Ex. friends who are bad influences, too much tv or video games, sports?)

**Practice Plan:** Focus on how this team can become better disciples of Christ, following Him in everything that the team does. Remind the team of this during practice, that they are practicing, studying or working hard for Christ. Remind the team that this requires competing and acting in a Christ-like way at all times.

**Prayer:**

Lord, you called St. Andrew to be among your first disciples and one of the 12 apostles. Through his intercession may we come to know what we need to do to follow you. Just as St. Andrew was willing to give up his possessions and home to follow you, may we too be willing to give up whatever you call us to follow you. Bless our team in this season, that we may grow in our relationship with you through prayer and virtuous actions. May we have a safe and fun season, seeking you in all things. Amen.

**End of Practice:** Remind kids about the example of St. Andrew. Though we are not called to give up our team or school to follow Jesus, encourage kids to understand the things that might be getting in the way of their relationship with Jesus. Then close with the following prayer:

- Our Father, Who art in heaven. Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Saint Andrew, Pray for Us! Amen.

## 5 Minute Game Plan

7th Grade - Fall Sports Preseason Week 2

**Theme:** Election of Matthias

**Scripture:** Acts 1:15-16, 21-26

*In those days Peter stood up among the brethren (the company of persons was in all about a hundred and twenty), and said, "Brethren, the scripture had to be fulfilled, which the Holy Spirit spoke beforehand by the mouth of David, concerning Judas who was guide to those who arrested Jesus. For he was numbered among us, and was allotted his share in this ministry."*

*So one of the men who have accompanied us during all the time that the Lord Jesus went in and out among us, beginning from the baptism of John until the day when he was taken up from us—one of these men must become with us a witness to his resurrection." And they put forward two, Joseph called Barsabbas, who was surnamed Justus, and Matthias. And they prayed and said, "Lord, who knowest the hearts of all men, show which one of these two thou hast chosen to take the place in this ministry and apostleship from which Judas turned aside, to go to his own place." And they cast lots for them, and the lot fell on Matthias; and he was enrolled with the eleven apostles.*

**Saintly Example:** St. Matthias

Through prayer, St. Matthias was chosen by the apostles to replace Judas Iscariot after he had betrayed Jesus and handed Him over to be crucified. It was important that the apostles have 12 "members" among them, as the number 12 was a very important number in the Jewish tradition, signifying the 12 tribes of Israel. In this way the apostles were a sort of new version of the 12 tribes, sent to go out and preach the Gospel of Christ in the new Christian tradition. St. Matthias was chosen in part to fill this role because he had actually been following Christ for much of His ministry on earth. They trusted Matthias and knew his love of Jesus was strong. Though it was the disciples who chose him and not Jesus, who selected the other 11 while on earth, they did so through prayer and knowing that it was the will of God.

**Discussion:**

One of the interesting things about St. Matthias is that he came from outside the original apostles, yet he was accepted as a brother in Christ and chosen to be a part of this important group of men. How do we treat people who are new to our group or team? Do we treat them like brothers/sisters in Christ? Do we understand that it is God's will that brought them into our life?

**Practice Plan:** If there are any new members on the team, make sure they are being included by the group in all things. If you notice anyone on the team who appears to be an outsider in any way, work to make sure the boys/girls include him/her so that all feel they are equal members of the team.

**Prayer:**

Heavenly Father, you blessed St. Matthias with the role of joining the 12 in ministry after the death of your Son. Help us to follow his example of following you and taking your word to all we meet. Help us also to welcome all new members of our team, classes or groups so that they may know they are our brothers and sisters in Christ. Keep us safe and help us to have fun at this practice. Amen.

**End of Practice:** Remind the children to follow the example of St. Matthias in following Jesus and to treat all newcomers with love and respect. Pray the following:

- Glory Be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, a world without end. St. Matthias, Pray for Us!

## 5 Minute Game Plan

7th Grade - Fall Sports Regular Season Week 1

**Theme:** Cure of the Lame Man

**Scripture:** Acts 3:1-10

*Now Peter and John were going up to the temple at the hour of prayer, the ninth hour. And a man lame from birth was being carried, whom they laid daily at that gate of the temple which is called Beautiful to ask alms of those who entered the temple. Seeing Peter and John about to go into the temple, he asked for alms. And Peter directed his gaze at him, with John, and said, "Look at us." And he fixed his attention upon them, expecting to receive something from them. But Peter said, "I have no silver and gold, but I give you what I have; in the name of Jesus Christ of Nazareth, walk." And he took him by the right hand and raised him up; and immediately his feet and ankles were made strong. And leaping up he stood and walked and entered the temple with them, walking and leaping and praising God. And all the people saw him walking and praising God, and recognized him as the one who sat for alms at the Beautiful Gate of the temple; and they were filled with wonder and amazement at what had happened to him.*

**Saintly Example:** St. John

St. Peter and St. John perform a miracle in the cure of the lame man we read in today's gospel. In this miracle, performed not by Christ in the flesh but by His disciples, we see that through Christ anything is possible. St. John certainly understood this, having followed Jesus and loved him, even caring for His mother Mary after His death. St. John is perhaps most notable for the Gospel which bears his name and tells in rich detail of Christ's life, ministry and death. One of the key themes of this gospel is "love". As we see in the scripture today, the compassion and love that Peter and John have for the lame man at the gate of the temple allows Christ to work through them and they cure the man. Miracles are often used throughout the gospels and lives of the apostles to signify the immense love of Christ or a greater conversion to His love. Through St. John, we are able to see this love in action and gaze in "wonder and amazement" just as the people who saw this miracle did at the temple.

**Discussion:**

How does the example of St. John teach us how we are to live? Do you show compassion and care for the sick as Sts. Peter and John did at the temple? Are you willing to share the message of Christ with your friends, family and teammates? How can you demonstrate this kind of love on this team?

**Practice Plan:** Encourage the kids to follow the example of the Saints and to know that through Christ, anything is possible. Relate this to sports by letting them know that if they trust Him, treat teammates with love and compassion, and work hard to be the best person they possibly can, anything is possible.

**Prayer:**

Jesus, just as your apostles worked miracles in your name, may you also enter our hearts and do your heavenly will through us. Help us to have love and compassion for others as you taught, so that we may follow the example of the apostles who spread your message, helped those in need, and understood that through you, anything is possible. Bless us as we strive to become the best version of ourselves during this practice, both as person and athlete. Grant us safety and bless our fun. Amen.

**End of Practice:** Remind that kids that through Christ anything is possible and that we are all called to love as He taught us. Then close with the following prayer:

- Our Father, Who art in heaven. Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Saint John, Pray for Us! Amen.

## 5 Minute Game Plan

7th Grade - Fall Sports Regular Season Week 2

**Theme:** Ananias and Sapphira

**Scripture:** Acts 5:1-11

*But a man named Ananias with his wife Sapphira sold a piece of property, and with his wife's knowledge he kept back some of the proceeds, and brought only a part and laid it at the apostles' feet. But Peter said, "Ananias, why has Satan filled your heart to lie to the Holy Spirit and to keep back part of the proceeds of the land? While it remained unsold, did it not remain your own? And after it was sold, was it not at your disposal? How is it that you have contrived this deed in your heart? You have not lied to men but to God." When Ananias heard these words, he fell down and died. And great fear came upon all who heard of it. The young men rose and wrapped him up and carried him out and buried him. After an interval of about three hours his wife came in, not knowing what had happened. And Peter said to her, "Tell me whether you sold the land for so much." And she said, "Yes, for so much." But Peter said to her, "How is it that you have agreed together to tempt the Spirit of the Lord? Hark, the feet of those that have buried your husband are at the door, and they will carry you out." Immediately she fell down at his feet and died. When the young men came in they found her dead, and they carried her out and buried her beside her husband. And great fear came upon the whole church, and upon all who heard of these things.*

**Saintly Example:** St. Bartholomew

St. Bartholomew was one of the 12 apostles and is widely believed to be the same person as the Nathaniel mentioned in the Gospel of John. In that story, Nathaniel is under the fig tree when Philip calls him to come with the apostles and follow Jesus. Though he is initially skeptical, famously asking "Can anything good come from Nazareth?" he quickly realizes that Christ is the Son of God and devotes himself to our Lord for the rest of his life. We know that St. Bartholomew stayed with the apostles until after Christ's death and it is believed that he then went as far as India to spread the gospel. He died a Martyr proclaiming the Word of God.

**Discussion:** In today's scripture we see that the path of lies and sin leads to death, but we also see in the example of Nathaniel a person who ultimately chose to follow the Truth (Christ) and became a saint. In what ways can each of us be more honest in each day? How do lies and deceit hurt a team and how can being honest help us to be a great team?

**Practice Plan:** Focus on honesty and truthful communication amongst teammates, reminding them that not only does Christ call us to always seek Truth, but that the best teams are built on relationships that requires teammates be honest and trustworthy.

**Prayer:** Father, you reveal to us your desire for truth throughout scripture and help us to understand that in sin there is only death, but in seeking truth we can have eternal life. Help our team to practice the discipline of honesty and to seek truth, so that we may follow you and build relationships that lead us closer to you. May we follow the example of St. Bartholomew, who got up and followed you when he was called. Bless our practice with fun and safety. Amen.

**End of Practice:** Remind kids to seek the truth through Christ and His message of love. Encourage this as being important to both their relationship with God but also on the team. Close in prayer:

- Our Father, Who art in heaven. Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Saint Bartholomew, Pray for Us! Amen.

## 5 Minute Game Plan

7th Grade - Fall Sports Regular Season Week 3

**Theme:** Peter and Cornelius

**Scripture:** Acts 10:1-33

*At Caesarea there was a man named Cornelius, a centurion of what was known as the Italian Cohort, a devout man who feared God with all his household, gave alms liberally to the people, and prayed constantly to God. About the ninth hour of the day he saw clearly in a vision an angel of God coming in and saying to him, "Cornelius." And he stared at him in terror, and said, "What is it, Lord?" And he said to him, "Your prayers and your alms have ascended as a memorial before God. And now send men to Joppa, and bring one Simon who is called Peter; he is lodging with Simon, a tanner, whose house is by the seaside." When the angel who spoke to him had departed, he called two of his servants and a devout soldier from among those that waited on him, and having related everything to them, he sent them to Joppa. The next day, as they were on their journey and coming near the city, Peter went up on the housetop to pray, about the sixth hour. And he became hungry and desired something to eat; but while they were preparing it, he fell into a trance and saw the heaven opened, and something descending, like a great sheet, let down by four corners upon the earth. In it were all kinds of animals and reptiles and birds of the air. And there came a voice to him, "Rise, Peter; kill and eat." But Peter said, "No, Lord; for I have never eaten anything that is common or unclean." And the voice came to him again a second time, "What God has cleansed, you must not call common." This happened three times, and the thing was taken up at once to heaven. Now while Peter was inwardly perplexed as to what the vision which he had seen might mean, behold, the men that were sent by Cornelius, having made inquiry for Simon's house, stood before the gate and called out to ask whether Simon who was called Peter was lodging there. And while Peter was pondering the vision, the Spirit said to him, "Behold, three men are looking for you. Rise and go down, and accompany them without hesitation; for I have sent them." And Peter went down to the men and said, "I am the one you are looking for; what is the reason for your coming?" And they said, "Cornelius, a centurion, an upright and God-fearing man, who is well spoken of by the whole Jewish nation, was directed by a holy angel to send for you to come to his house, and to hear what you have to say." So he called them in to be his guests. The next day he rose and went off with them, and some of the brethren from Joppa accompanied him. And on the following day they entered Caesarea. Cornelius was expecting them and had called together his kinsmen and close friends. When Peter entered, Cornelius met him and fell down at his feet and worshiped him. But Peter lifted him up, saying, "Stand up; I too am a man." And as he talked with him, he went in and found many persons gathered; and he said to them, "You yourselves know how unlawful it is for a Jew to associate with or to visit any one of another nation; but God has shown me that I should not call any man common or unclean. So when I was sent for, I came without objection. I ask then why you sent for me." And Cornelius said, "Four days ago, about this hour, I was keeping the ninth hour of prayer in my house; and behold, a man stood before me in bright apparel, saying, 'Cornelius, your prayer has been heard and your alms have been remembered before God. Send therefore to Joppa and ask for Simon who is called Peter; he is lodging in the house of Simon, a tanner, by the seaside.' So I sent to you at once, and you have been kind enough to come. Now therefore we are all here present in the sight of God, to hear all that you have been commanded by the Lord."*

**About the Scripture:** In today's scripture, Cornelius is a Gentile and thus was considered "unclean" by traditional Jewish teaching. Yet Peter does as commanded and teaches Cornelius and those with him about Christ. Cornelius begins to follow Christ and an important lesson is set: that the word of God is for all people, not just some. This shows a call to evangelize to "all nations" and to all people.

**Discussion/Practice Plan:** Have the team consider in their hearts whether they fulfill today's teaching by spreading God's word and love to all people, or if they can live out this message better in their lives.

**Prayer:** Heavenly Father, help us today to be more like Peter, willing to follow your call and to take your message to all, treating everyone we meet with love and respect. May our team be an example of Christ's love in all that we do, so that by our actions both big and small we can lead others to heaven. We ask this through Christ our Lord. Amen.

**End of Practice:** Remind the team to consider today's scripture and what it means to them in their interactions with others. Close with the following prayer:

- Glory Be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, a world without end. St. Peter, Pray for Us!

## 5 Minute Game Plan

7th Grade - Fall Sports Regular Season Week 4

**Theme:** Stoning of Stephen

**Scripture:** Acts 7:55 - 8:3

*But he, full of the Holy Spirit, gazed into heaven and saw the glory of God, and Jesus standing at the right hand of God; and he said, "Behold, I see the heavens opened, and the Son of man standing at the right hand of God." But they cried out with a loud voice and stopped their ears and rushed together upon him. Then they cast him out of the city and stoned him; and the witnesses laid down their garments at the feet of a young man named Saul. And as they were stoning Stephen, he prayed, "Lord Jesus, receive my spirit." And he knelt down and cried with a loud voice, "Lord, do not hold this sin against them." And when he had said this, he fell asleep.*

*And Saul was consenting to his death. And on that day a great persecution arose against the church in Jerusalem; and they were all scattered throughout the region of Judea and Samaria, except the apostles. Devout men buried Stephen, and made great lamentation over him. But Saul was ravaging the church, and entering house after house, he dragged off men and women and committed them to prison.*

**Saintly Example:** St. Stephen

St. Stephen is considered the first Christian martyr as he was a disciple sent by the apostles to minister to the poor. Through his preaching the Word of God he converted many souls, leading those who were against these teachings to falsely accuse him and take him outside the city to stone him. His story is captured in the Acts of the Apostles, which we read today. Amazingly, St. Stephen accepts his call to martyrdom and even prays for those who killed him as they threw stones. He remains an incredible example of faith and love, with his example being followed by so many saints who like him were persecuted and killed for their faith. Also interesting is the connection in scripture between St. Stephen and Saul, who though he consented to the killing of Stephen would ultimately have his own conversion.

**Discussion:** St. Stephen prayed for those who threw stones at him while he was facing his martyrdom. What does this teach us about forgiveness? If St. Stephen forgives even his murderers, who should we forgive? Also, consider in your hearts whether you are willing to be faithful to God, even unto death.

**Practice Plan:** Focus on the message of St. Stephen's great faith in the face of adversity and also the message of forgiveness. Apply this to practice or your team in whatever way possible.

**Prayer:** Heavenly Father, St. Stephen demonstrated in his martyrdom an incredible example of faith and love for your people, even those who condemned his teaching and threw stones at him. May we follow his example and grow in faith and courage through his intercession. Help us to remember your call to forgiveness and love at all times. Bless our team in this week and lead us ever closer to you. Amen.

**End of Practice:** Remind kids about the example of St. Stephen and our own call to show great faith, love and courage in following God. Then introduce the following prayer as the Memorare, in which we ask for the intercession of the Blessed Virgin Mary in our lives (they will have learned it or will be learning it in school or religious education - ask anyone who knows it to lead or allow them to recite from this page):

- Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. St. Stephen, Pray for Us! Amen.



## 5 Minute Game Plan

7th Grade - Fall Sports Regular Season Week 5

**Theme:** Paul and Silas

**Scripture:** Acts 16:25-36

*But about midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them, and suddenly there was a great earthquake, so that the foundations of the prison were shaken; and immediately all the doors were opened and every one's fetters were unfastened. When the jailer woke and saw that the prison doors were open, he drew his sword and was about to kill himself, supposing that the prisoners had escaped. But Paul cried with a loud voice, "Do not harm yourself, for we are all here." And he called for lights and rushed in, and trembling with fear he fell down before Paul and Silas, and brought them out and said, "Men, what must I do to be saved?" And they said, "Believe in the Lord Jesus, and you will be saved, you and your household." And they spoke the word of the Lord to him and to all that were in his house. And he took them the same hour of the night, and washed their wounds, and he was baptized at once, with all his family. Then he brought them up into his house, and set food before them; and he rejoiced with all his household that he had believed in God. But when it was day, the magistrates sent the police, saying, "Let those men go." And the jailer reported the words to Paul, saying, "The magistrates have sent to let you go; now therefore come out and go in peace."*

**Saintly Example:** St. Matthew

St. Matthew was an apostle and the author of the Gospel of Matthew, so he held an important position in the early church. Though we don't know much about his later life, we know that he heard and followed Christ's call while he was a tax collector. Like St. Paul in the scripture above, after St. Matthew left his previous life behind and followed Christ, he set about converting souls and preaching Christ to all peoples. Though we lack many specific details on Matthew, many stories of the souls won by the apostles for Christ are similar to the one in the scripture above. Through their example and compassion for even a prison guard - the apostles were wrongly imprisoned many times - they baptized and made a believer out of a man and his whole family.

**Discussion:** How can you work to bring souls to Christ in your daily life? While the apostles worked great miracles and converted souls in dramatic ways, what are the small ways each day you can live out your mission to draw people to God?

**Practice Plan:** Affirm that everyone is called to draw people to God through their example and actions. Tell the kids that this includes how they conduct themselves on this team and the example they set in practices and games, as well as small things they can do each day to help others and lead them to God.

**Prayer:** Lord, you give us the example of your apostles so that we can follow their lead in winning souls for you. We pray that you may help us to be an example of your love through our daily actions. Help us to understand your will for us and give us the courage to follow you as your apostles did. Bless our practice today and help us to grow as individuals and a team. Amen.

**End of Practice:** Remind kids that everyone is called to be an example of God's love and to work to draw others to God as well. Close with the following prayer:

- Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. St. Matthew, Pray for Us! Amen.

## 5 Minute Game Plan

7th Grade - Fall Sports Regular Season Week 6

**Theme:** Conversion of Paul

**Scripture:** Acts 9:1-22

*But Saul, still breathing threats and murder against the disciples of the Lord, went to the high priest and asked him for letters to the synagogues at Damascus, so that if he found any belonging to the Way, men or women, he might bring them bound to Jerusalem. Now as he journeyed he approached Damascus, and suddenly a light from heaven flashed about him. And he fell to the ground and heard a voice saying to him, "Saul, Saul, why do you persecute me?" And he said, "Who are you, Lord?" And he said, "I am Jesus, whom you are persecuting; but rise and enter the city, and you will be told what you are to do." The men who were traveling with him stood speechless, hearing the voice but seeing no one. Saul arose from the ground; and when his eyes were opened, he could see nothing; so they led him by the hand and brought him into Damascus. And for three days he was without sight, and neither ate nor drank. Now there was a disciple at Damascus named Ananias. The Lord said to him in a vision, "Ananias." And he said, "Here I am, Lord." And the Lord said to him, "Rise and go to the street called Straight, and inquire in the house of Judas for a man of Tarsus named Saul; for behold, he is praying, and he has seen a man named Ananias come in and lay his hands on him so that he might regain his sight." But Ananias answered, "Lord, I have heard from many about this man, how much evil he has done to thy saints at Jerusalem; and here he has authority from the chief priests to bind all who call upon thy name." But the Lord said to him, "Go, for he is a chosen instrument of mine to carry my name before the Gentiles and kings and the sons of Israel; for I will show him how much he must suffer for the sake of my name." So Ananias departed and entered the house. And laying his hands on him he said, "Brother Saul, the Lord Jesus who appeared to you on the road by which you came, has sent me that you may regain your sight and be filled with the Holy Spirit." And immediately something like scales fell from his eyes and he regained his sight. Then he rose and was baptized, and took food and was strengthened. For several days he was with the disciples at Damascus. And in the synagogues immediately he proclaimed Jesus, saying, "He is the Son of God." And all who heard him were amazed, and said, "Is not this the man who made havoc in Jerusalem of those who called on this name? And he has come here for this purpose, to bring them bound before the chief priests." But Saul increased all the more in strength, and confounded the Jews who lived in Damascus by proving that Jesus was the Christ.*

**Saintly Example:** St. Paul

St. Paul is one of the most dramatic examples of conversion in scripture. He was originally known as Saul, but later became known as Paul after his conversion. In the story of St. Stephen, we learn that Saul was a participant in his stoning and death. He is also mentioned numerous other times as persecuting early Christians. Yet in His mercy, The Lord appears to Saul leads him to a conversion of heart. As the scripture says, so bad was Saul that nobody could believe the new man he became. Given a new name symbolic of his conversion, Paul goes on to become a truly great disciple of The Lord, traveling to far away lands and converting great numbers of people while also writing many letters that remain in scripture and impact people today. Paul sacrificed a great deal and was ultimately persecuted himself through the rest of his life, but his example remains one of the most powerful examples in the bible today.

**Discussion/Practice Plan:** Ask the children to consider in their hearts what they must change in order to follow God as St. Paul did; no matter how dramatic the conversion, everyone can know God's love.

**Prayer:** Heavenly Father, you reveal to us in scripture the conversion of St. Paul as an example of your mercy and great love. We pray for all those who persecute the church today, that they too may have a great conversion and know The Lord. We ask for the intercession of St. Paul so that we may overcome sin and follow The Lord more perfectly. Keep us safe and grant us fun today in practice. Amen.

**End of Practice:** Remind kids of the example of St. Paul and pray the following prayer:

- Glory Be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, a world without end. St. Paul, Pray for Us!

## 5 Minute Game Plan

7th Grade - Fall Sports Regular Season Week 7

**Theme:** Sacraments of Service - Holy Orders

**Scripture:** Ephesians 4:11-12

*And his gifts were that some should be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ.*

**Saintly Example:** St. Scholastica

St. Scholastica was the twin sister of St. Benedict, who founded the famous monastery at Monte Cassino and wrote the Rule of Saint Benedict, which maintains widespread devotion today even outside the order of Benedictine monks. While Scholastica is perhaps less famous than her twin brother, she too was an amazingly pious and intelligent woman who helped shape modern religious life and founded her own monastery not far from Benedict's. The tale of her last few days on earth is likely the most well known story about her. Each year Benedict and Scholastica would travel from their monastery and convent to meet at a place in the middle for a day together that largely consisted of religious dialogue. On one of these days, Scholastica begged Benedict to stay so that they could continue their conversation into the night and the following day. When he refused, she simply bowed her head in prayer. Suddenly, a terrible storm blew in that would prevent Benedict and his companions from returning home. She is said to have told him "I asked you and you would not listen; so I asked my God and he did listen." Benedict departed the following morning and just three days later Scholastica died. When she died, Benedict saw from his monastery a vision of her soul ascending to heaven in the form of a dove. Both Benedict and Scholastica represent a beautiful example of the religious life through their devotion to Christ and following His mission for them on earth. St. Scholastica is the patron saint of nuns.

**Discussion/Practice Plan:** The Sacrament of Holy Orders is ultimately a sacrament of service to God and His Church. To a priest, this dedication is the response to a unique call from God. Each boy or girl should consider their own vocational discernment and to begin to determine to what service God is calling them. Remind them that whatever service God calls them to is what will ultimately make them the most happy. In the case of priests, it's important that we all understand their vow of service to God and His Church.

**Prayer:** Heavenly Father, help each of us to understand the great gift your priesthood is to all those who are members of your holy church. May you help all youth to discern their vocation in the coming years, so that no matter what vocation they are called to, they may understand how to best serve you and know the true happiness you call all your children to. Bless this team and all its members and grant them the graces needed to serve you as you call them to. We ask this through Christ, our Lord. Amen.

**End of Practice:** Remind team about the great respect we must all have for all those who have taken on a deep service to the church through the Sacrament of Holy Orders. Encourage them to get to know their priests, to thank them for their service to the church, and to remember the importance of discerning their own vocation. Close with the following prayer:

- Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. St. Scholastica, Pray for Us! Amen.

## 5 Minute Game Plan

7th Grade - Fall Sports Regular Season Week 8

**Theme:** Sacraments of Service - Marriage

**Scripture:** Colossians 3:18-21

*Wives, be subject to your husbands, as is fitting in the Lord. Husbands, love your wives, and do not be harsh with them. Children, obey your parents in everything, for this pleases the Lord. Fathers, do not provoke your children, lest they become discouraged.*

**Saintly Example:** St. Joseph

For an example of faithful service to God's will and the Sacrament of Marriage, we need look no further than St. Joseph. Though not much is known about him beyond what we learn in scripture, those small scenes alone depict a man who was deeply devoted to God and dedicated to serving his wife Mary and their son Jesus. Though Jesus was conceived by the Holy Spirit and begotten from God alone, He trusted Joseph to care for the young Jesus and His Mother, protecting them from harm and even teaching Jesus the trade of a craftsman. In this way, St. Joseph is the perfect model for the Sacrament of Marriage as one of service. Despite what the world would have him do, despite his own inclinations when he learns of Mary's pregnancy, St. Joseph always listens to God's message and His call to serve the Holy Family. What greater example of a husband and father is there than one who is so faithful to this service that he is called to care for God made Man.

**Discussion/Practice Plan:** Continue to encourage the team to consider the sacraments of Holy Orders and now Marriage as Sacraments of Service and impress upon the team the importance of discerning one's vocation from a young age. Ask them to consider the role of St. Joseph and how he exemplifies the role of service to his wife and child. For boys, how does this impact your view of marriage and what it means to be a husband and father? For girls, what can we learn from St. Joseph about the role of a wife and mother? Ultimately both are called to serve God and their spouse through this sacrament.

**Prayer:** Heavenly Father, you called your servant St. Joseph to care for Jesus and Mary in this world through a dedicated service to them and to you. Help us to imitate his love and willingness to serve you and his family. In our role as children may we dedicate ourselves to serving our parents, and may we continue to discern what the example of St. Joseph teaches us about our own future vocation, whether married or religious. Bless our team that we may serve you in all that you call us to do. We ask this through Christ our Lord. Amen.

**End of Practice:** Remind the children to consider the role of St. Joseph and his service to God, Mary and Jesus. Ask them to consider what this demonstrates for them about the Sacrament of Marriage. Close with the following prayer:

- Our Father, Who art in heaven. Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Saint Joseph, Pray for Us! Amen.

## 5 Minute Game Plan

### 8th Grade Year Outline

#### Fall Seasons

- Preseason Week 1 - **Theme:** The Life of Jesus - Love **Scripture:** John 15:13, 17 **Saint:** None
- Preseason Week 2 - **Theme:** The Life of Jesus - Mercy **Scripture:** Luke 6:35-36 **Saint:** St. Teresa of Avila
- Regular Season Week 1 - **Theme:** The Life of Jesus - Humility **Scripture:** Matthew 23:11-12 **Saint:** St. Ignatius of Loyola
- Regular Season Week 2 - **Theme:** The Life of Jesus - Anger **Scripture:** John 2:13-16 **Saint:** St. Jerome
- Regular Season Week 3 - **Theme:** The Life of Jesus - Agony **Scripture:** Luke 22:39-44 **Saint:** St. John of the Cross
- Regular Season Week 4 - **Theme:** The Life of Jesus - Forgiveness (Authority) **Scripture:** Mark 2:5-11 **Saint:** St. Maria Goretti
- Regular Season Week 5 - **Theme:** The Life of Jesus - Bread of Life **Scripture:** John 6:35-40 **Saint:** St. Justin Martyr
- Regular Season Week 6 - **Theme:** The Life of Jesus - Jesus as Shepherd **Scripture:** John 10:11-15 **Saint:** None (Jesus as the Good Shepherd)
- Regular Season Week 7 - **Theme:** The Life of Jesus - Jesus as Servant **Scripture:** Mark 10:43-45 **Saint:** None (Following Jesus' example of Service)
- Regular Season Week 8 - **Theme:** The Life of Jesus - Jesus as a Man of Prayer **Scripture:** Matthew 14:23 **Saint:** Intercessory Prayer and the Saints

#### Winter Seasons

- Preseason Week 1 - **Theme:** The Sacrament of Confirmation **Scripture:** Ephesians 1:13 **Saint:** Confirmation Names and the Saints
- Preseason Week 2 - **Theme:** Gifts of the Holy Spirit **Scripture:** 1 Corinthians 12:4-7 **Saint:** St. Ambrose
- Preseason Week 3 - **Theme:** Fruits of the Holy Spirit **Scripture:** Galatians 5:22-24 **Saint:** St. Jude
- Regular Season Week 1 - **Theme:** Cardinal Virtues **Scripture:** Wisdom 8:7 **Saint:** St. Thomas Aquinas
- Regular Season Week 2 - **Theme:** Service **Scripture:** Matthew 5:14-16 **Saint:** Saint Martha
- Regular Season Week 3 - **Theme:** The Great Commission **Scripture:** Matthew 28:18-20 **Saint:** St. Peter
- Regular Season Week 4 - **Theme:** Nicene Creed **Scripture:** John 14:1 **Saint:** St. Athanasius
- Regular Season Week 5 - **Theme:** First Precept of the Church **Scripture:** CCC 2041-2042 **Saint:** St. John Chrysostom
- Regular Season Week 6 - **Theme:** Second Precept of the Church **Scripture:** CCC 2042 **Saint:** St. Pio of Pietrelcina
- Regular Season Week 7 - **Theme:** Third Precept of the Church **Scripture:** CCC 2042 **Saint:** St. Ignatius of Antioch
- Regular Season Week 8 - **Theme:** Fourth Precept of the Church **Scripture:** CCC 2043 **Saint:** St. Peter Chrysologus
- Regular Season Week 9 - **Theme:** Fifth Precept of the Church **Scripture:** CCC 2043 **Saint:** St. Joseph
- Regular Season Week 10 - **Theme:** Sanctity of Life **Scripture:** Romans 13:9-10 **Saint:** None (The Angel Gabriel)
- Regular Season Week 11 - **Theme:** Living Vocations in the World **Scripture:** Colossians 3:5-6 **Saint:** St. Agnes
- Regular Season Week 12 - **Theme:** Church Teachings on Major Issues **Scripture:** 1 Peter 2:15-17 **Saint:** St. Albert the Great

#### Spring Seasons

## 5 Minute Game Plan

- Preseason Week 1 - **Theme:** Church History - Pentecost & Persecutions **Scripture:** Acts 8:1-3 **Saint:** St. James
- Preseason Week 2 - **Theme:** Church History - Middle Ages **Scripture:** 1 Peter 1:6-9 **Saint:** St. Dominic
- Regular Season Week 1 - **Theme:** Church History - Reformation/Counter Reformation **Scripture:** Romans 8:31 **Saint:** St. Pius V
- Regular Season Week 2 - **Theme:** Church History - Pre-Vatican/Post Vatican **Scripture:** Hebrews 13:8 **Saint:** Blessed John Paul II
- Regular Season Week 3 - **Theme:** Local Church History **Scripture:** 1 Corinthians 9:24-27 **Saint:** Edith Stein
- Regular Season Week 4 - **Theme:** The Church and New Media **Scripture:** Mark 16:15 **Saint:** Saint Francis de Sales

## 5 Minute Game Plan

8th Grade - Fall Sports Preseason Week 1

**Theme:** The Life of Jesus - Love

**Scripture:** John 15:13, 17

*Greater love has no man than this, that a man lay down his life for his friends. You are my friends if you do what I command you. This I command you, to love one another.*

**God is Love:** Jesus is the manifestation of God's love as he comes to us both God and man. In today's scripture verse, we hear Christ command us to love one another as He has loved us; that is, to love one another so much that we are willing to lay our life down for our brother or sister in Christ. This is just one of many examples Jesus gives of love in his ministry and life on earth. Many of His parables are lessons on loving one another. In his passion and death, He fulfills the words he utters in the scripture just read; by dying on the cross for the sins of all mankind, he loves us in a way that goes beyond any love we can comprehend, beyond the love we are even capable of ourselves. Yet he points out that we are called to imitate this love, to not only be willing to follow him to death like the great martyrs, but further to love one another here on earth with the same great love he demonstrates to us. It's certainly not always easy, but Christ gave us the greatest example of all to follow.

### Discussion:

- How can we demonstrate love for one another on our team this year? What actions in practice and on the field might we take in order to follow our Lord's example?
- Consider in your hearts if there is someone you have not loved as Christ calls us to love. Remember the example of Jesus and His command to love one another. How can you do a better job of loving that person through your actions and words? (Though this doesn't require an answer unless the children want to offer, you can give the example that this could be a classmate, sibling, mother/father, or any other person.)

**Practice Plan:** Simply remind the children that the love we are commanded to show by Christ should be demonstrated during practice today. Whether that's through encouraging or helping a teammate or responding to a coach, we must show that love in all things.

**Prayer:** Lord, we rejoice in the love you showed us even unto death on a cross. May we follow your example of love and return that love to you through our prayer and the way we treat others in this world. Help us to overcome difficulties that we face in relationships so that we can demonstrate this love through our words and actions each day. Bless our team this year that we may know this love amongst our teammates and coaches. Grant us the graces we need to accept and offer this love. Amen.

**End of Practice:** Remind the team about the simple scripture today (reread if necessary) and encourage them to demonstrate this love for their fellow teammate and when they return to home tonight and school tomorrow. Then close with the following prayer:

- Our Father, Who art in heaven. Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.

## 5 Minute Game Plan

8th Grade - Fall Sports Preseason Week 2

**Theme:** The Life of Jesus - Mercy

**Scripture:** Luke 6:35-36

*But love your enemies, and do good, and lend, expecting nothing in return; and your reward will be great, and you will be sons of the Most High; for he is kind to the ungrateful and the selfish. Be merciful, even as your Father is merciful.*

**Saintly Example:** St. Teresa of Avila

St. Teresa of Avila proves a fascinating saint. Once a troubled teenager who rebelled against her parents and caused trouble amongst friends, she was sent to a convent at about 16. Even in her early years at the convent she could fall victim to vanity and pride, not knowing whether she wanted to continue down the path of religious life or marry. She even fell away from prayer for long periods of time, thinking that sinner such as herself did not deserve to have that relationship with God. Yet through God's mercy and love, she persisted in the convent and as a result, she became not only a great saint, but is considered a "Doctor of the Church," a special distinction given to persons whose doctrine and writing gave great benefit to the Church. In her 40's Teresa finally found a consistent prayer life and what a gift it was: it is said that she found herself speaking directly to Jesus in prayer and she was even known to levitate while doing so. Teresa lived during the early days of the protestant reformation, and was charged in these prayers with helping to reform her own church and defend it against attacks. She founded her own convents and advocated a life of prayer amongst both her nuns and the communities she traveled to. No matter where she went, she found that people of that time simply did not want to hear anyone tell them how God said they should live. Yet she persevered and as a result won many souls for Christ and helped to reform and combat much of the sin surrounding the church and Europe during that time.

**Discussion:**

- Think about how you can imitate God's great mercy in your own way on this team. What are the concrete ways you can demonstrate forgiveness during games and practices, even in small ways?
- In combining last week's concept of "love" and this week's concept of "mercy" in the life of Jesus, how can we work on "loving our enemies" and being "merciful, even as (God) is merciful?"

**Practice Plan:** Continue to focus on love and mercy as key virtues for the boys/girls to learn during this season. Help them to understand that they are called to do good and love others at all times, even when that means forgiving them. Often in sports this comes in the way of frustrations with teammates or opponents during competition/practice. Remind them that everyone is here to have fun and glorify God, so they should focus on quickly forgiving any issues and demonstrating love to all in practice and competition.

**Prayer:** Heavenly Father, you show us examples of great mercy throughout every generation. As Jesus demonstrated His mercy and love even unto death on a cross, may we too learn to show mercy and love to our brothers and sisters in Christ. Help us to follow the examples of great saints, who even though they were not perfect sought and received your mercy, allowing them to do great things through You. Bless our team that we might always remember to follow this example in our practice and competition, Glorifying God in all that we do. We ask this through Christ our Lord, Amen.

**End of Practice:** Remind kids that God is a forgiving and merciful God who loves us and wants us always to turn to him in prayer. Then recite the following prayer in closing:

- Our Father, Who art in heaven. Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. St. Teresa of Avila, Pray for Us! Amen.



## 5 Minute Game Plan

8th Grade - Fall Sports Regular Season Week 1

**Theme:** The Life of Jesus - Humility

**Scripture:** Matthew 23:11-12

*He who is greatest among you shall be your servant; whoever exalts himself will be humbled, and whoever humbles himself will be exalted.*

**Saintly Example:** St. Ignatius of Loyola

Humility can have a lot of different definitions in the world. Through various teachings from saints and the church, the role of humility as a Catholic virtue involves not only submitting oneself to God and His will, but also to knowing oneself and recognizing the gifts and talents you have been given by God, knowing those come from Him. We often think of humility as the opposite of pride; so a humble person would give thanks to God for the gifts He has given him/her and seek to use those for the good of others, whereas the prideful person would submit that he/she is responsible for these gifts and that others should praise him/her.

St. Ignatius of Loyola is a great example of humility. A soldier in the Spanish Army during the early 1500's, he helped win many battles before a severe injury to his leg landed him in the hospital. While recovering he read many books and experienced a conversion, dedicating himself upon recovery to a life of humble service to the Catholic Church. He especially wanted to convert souls for Christ. He wrote his famed "Spiritual Exercises" and eventually founded a religious order called the Society of Jesus, commonly referred to today as Jesuits. In effect, St. Ignatius went from a life of service to the world, where he reveled in adoration and praise lavished upon him for his accomplishments as a soldier, to a life of service to God marked by a strong obedience to the pope and a remarkably humble approach to life.

### Discussion:

- It can be easy sometimes in sports to be prideful rather than humble. However, we must strive to recognize our athletic gifts and the gifts of others as gifts from God. How can we guard against pride and assure our team demonstrates humility? What can you do individually to make sure you are humble at all times in practice and games?
- Is it hard to demonstrate humility in other parts of life? What places is it most difficult for an 8th grader to be humble and how can we work together to combat this?

**Practice Plan:** The key to promoting a team that is humble is focusing on an understanding that all gifts/ talents (and even a lack of athletic talent) come from God and that He is ultimately to be praised for our accomplishments. Focus in practice on creating an atmosphere that breeds humility in all things. When you see a child exhibiting humility, use this as an example for the team. Work to rid the team of pride.

**Prayer:** Heavenly Father, we ask that you help our team to grow in the virtue of humility this season. Help each of us individually, as coaches and players, to glorify God for our talents and gifts while working hard to realize those God-given talents to the best of our ability. Help us always to seek God's will in how we should use our talents and gifts for the good of others and help us to submit to the authority of our coaches, parents, priests and bishops who truly want us to realize these gifts. Grant that we may become more humble through our practice and games this week. We ask this through Christ our Lord, Amen.

**End of Practice:** Remind children to focus on growing in humility in sports, school and at home. Close with the following prayer:

- Glory Be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, a world without end. Saint Ignatius of Loyola, Pray for Us! Amen.

## 5 Minute Game Plan

8th Grade - Fall Sports Regular Season Week 2

**Theme:** The Life of Jesus - Anger

**Scripture:** John 2:13-16

*The Passover of the Jews was at hand, and Jesus went up to Jerusalem. In the temple he found those who were selling oxen and sheep and pigeons, and the money-changers at their business. And making a whip of cords, he drove them all, with the sheep and oxen, out of the temple; and he poured out the coins of the money-changers and overturned their tables. And he told those who sold the pigeons, "Take these things away; you shall not make my Father's house a house of trade."*

**Saintly Example:** St. Jerome

St. Jerome is an early Doctor of the Church, who was born around the year 340 during a time when the Church was confronted with numerous heresies and attacks. A great scholar who is known in part for his translations and commentaries of the Bible, St. Jerome devoted himself to God and to the service to the early Church. Much as Jesus is described in the scripture today as being (justifiably) angry with those who setup "shop" in the temple for their own personal, worldly gain, St. Jerome too harshly rebuked those who advocated openly for sinful activity. He was a fearless champion for the faith who - though he was not always appreciated by opponents - did a great deal to defend the Church and convert souls away from the popular secularized societies of the European continent during his time.

**Discussion:**

- Though Jesus was justified in His anger during today's scripture, often our anger is unjustified and can lead us to sin. How can we avoid this inclination to anger in our lives? What happens when we pray for help?
- Sometimes we can become angry while participating in sports. How can we learn to avoid this anger as a team and focus our energy on having fun and improving as a person and athlete? (Hint: it starts with recognizing that sports are meant to be fun and building an environment that is authentically Catholic in how we participate and treat one another.)

**Practice Plan:** Focus on keeping anger out of the CYO experience. Given the climate, there really shouldn't be a good reason for anyone to be angry. Let the kids know that if someone makes a mistake, whether that's an official, coach, teammate or opponent, that they should not be angry but simply demonstrate respect and continue to give maximum effort. Anger might be justified in the case of defending our Church against sin and heresy, but it's almost always out of place in youth sports.

**Prayer:** Lord, help us to demonstrate love, mercy and humility in our actions, that we may be quick to love and slow to anger. Help us to understand youth sports as a fun and exciting experience where anger has little place, so that we can ultimately glorify you on this team. Even still, help us to be willing to stand-up for our Church and our belief in God when the world attacks us and tells us otherwise. Grant us the graces to follow the example of the saints, that like Christ and St. Jerome we may lead all those around us to God. Bless us with a fun and safe practice. Amen.

**End of Practice:** Remind kids that this game is about having fun and learning to become a better person and athlete. Praise them for their efforts and remind them to be quick to love rather than becoming angry. Close with the following prayer:

- Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. St. Jerome, Pray for Us! Amen.

## 5 Minute Game Plan

8th Grade - Fall Sports Regular Season Week 3

**Theme:** The Life of Jesus - Agony

**Scripture:** Luke 22:39-44

*And he came out, and went, as was his custom, to the Mount of Olives; and the disciples followed him. And when he came to the place he said to them, "Pray that you may not enter into temptation." And he withdrew from them about a stone's throw, and knelt down and prayed, "Father, if thou art willing, remove this cup from me; nevertheless not my will, but thine, be done." And there appeared to him an angel from heaven, strengthening him. And being in an agony he prayed more earnestly; and his sweat became like great drops of blood falling down upon the ground.*

**Saintly Example:** St. John of the Cross

St. John of the Cross lived during the 16th century and during the same time as St. Teresa of Avila. In fact, when John joined the Carmelite order, it was St. Teresa of Avila who asked him to help her in her reform efforts. Through this reform effort and advocating of prayer, John had to endure much suffering. In fact, most of John's life can be characterized by poverty, hunger and suffering. Due to his reform efforts he was actually kidnapped and imprisoned by his own order, kept in a tiny cell with little light and beaten several times a week until he amazingly escaped. Yet through this and the rest of his life he demonstrated great compassion for mankind and preached finding joy in God rather than the world. So great was his focus on God that he was able to endure even the worst physical suffering and illness while writing great books and helping to reform the churches and communities during his time. Though his agony must have been great at times, he persevered and found joy through seeking God's will.

**Discussion:**

- Unfortunately, we all know suffering at some point in our lives, whether through our own sickness or injury, that of a loved one, or any number of difficulties we might experience in the world. How can turning to God help us through difficult times?
- As a team we sometimes experience suffering as well. When someone is injured or struggling in sports, how do we help them to overcome these difficulties and support them as a team?

**Practice Plan:** Encourage the team aspect of being there for one another despite whatever difficulties the team or individuals may encounter. Let the kids know that as their coach both you and their teammates are there for them. Focus on ways during practice where you can build this unique aspect of a team.

**Prayer:** Heavenly Father, though Jesus experience great agony in the Garden of Gethsemane and was made to suffer greatly in his passion and death, He never wavered in asking that "thy will be done" in all things. Help us to learn from this experience and turn to you when we suffer even in small ways. May your love comfort us and give us strength so that we may find joy in all things. Bless our team that we may be present for each other in the difficulties of this season. Amen.

**End of Practice:** Remind kids about the theme of today's lesson and the importance of building a team who loves each other and is there to support one another. Close with the following prayer:

- Hail, holy Queen, Mother of mercy, hail, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve: to thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious Advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus, O merciful, O loving, O sweet Virgin Mary! Pray for us Oh Holy Mother of God, that we may be made worth of the promises of Christ. St. John of the Cross, Pray for Us! Amen.

## 5 Minute Game Plan

8th Grade - Fall Sports Regular Season Week 4

**Theme:** The Life of Jesus - Forgiveness (Authority)

**Scripture:** Mark 2:5-11

*And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk'? But that you may know that the Son of man has authority on earth to forgive sins"—he said to the paralytic—"I say to you, rise, take up your pallet and go home."*

**Saintly Example:** St. Maria Goretti

Today's scripture reminds us that God has the unique ability to forgive our sins. Through His mercy and love, Christ handed on this gift through the priesthood He established in His Church. In the Sacrament of Reconciliation, we are able to receive Christ's very real forgiveness and absolution through the priest who hears our confession. Christ demonstrates His authority over sin and death when he heals the paralytic (and many others throughout the gospels) by saying "your sins are forgiven."

Yet He also calls us to forgive each other. While not in the same way that he is able cleanse our souls and make us new through the Sacrament of Reconciliation, Christ does call us to forgive one another even in the most difficult circumstances. St. Maria Goretti lived out this call in the early 20th century. When a neighbor named Alessandro made inappropriate advances on the 12 year old Maria and she refused, he stabbed her multiple times. Before dying in the hospital, Maria did what must have shocked those around her: she forgave Alexander. Further, after death she appeared in a dream to Alexander while he was in prison; upon awaking he repented his crime and changed his ways. Then after his release from prison he went directly to Maria's mother and begged forgiveness from her. Following her daughter's example, she also forgave Alessandro and it is said they also received communion together. Amazingly, both her mother and Alessandro were present when Maria was canonized in 1950 by Pope Pius XII, who noted Maria's purity and example of forgiveness as a model for youth.

**Discussion:**

- Consider in your heart how difficult it can be to forgive, then resolve to forgive someone you need to forgive. It's also always a good idea to attend Confession regularly so that we might all receive the graces offered by that Sacrament.

**Practice Plan:** Encourage the children to attend Confession sometime during the season. Note that it's also important to forgive one another if there are any issues on a team, since the team's success depends on the ability to work as a team, not fractured by the division that comes when there is no love or forgiveness.

**Prayer:** Father, you gave us the great Sacrament of Reconciliation so that we might receive your mercy and love in the forgiveness of our sins. Give us the courage to frequently receive this sacrament so that we may know this amazing gift. Help us also to follow the example of saints such as Maria Goretti, that in her model of purity and forgiveness we may find the strength to forgive those who sin against us. Bless our team that we may have a safe and fun practice, growing in virtue and skill. Amen.

**End of Practice:** Remind the team about the importance of forgiveness and again encourage them to receive the Sacrament of Reconciliation. Close with the following prayer:

- Glory Be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, a world without end. St. Maria Goretti, Pray for Us! Amen.

## 5 Minute Game Plan

8th Grade - Fall Sports Regular Season Week 5

**Theme:** The Life of Jesus - Bread of Life

**Scripture:** John 6:35-40

*Jesus said to them, "I am the bread of life; he who comes to me shall not hunger, and he who believes in me shall never thirst. But I said to you that you have seen me and yet do not believe. All that the Father gives me will come to me; and him who comes to me I will not cast out. For I have come down from heaven, not to do my own will, but the will of him who sent me; and this is the will of him who sent me, that I should lose nothing of all that he has given me, but raise it up at the last day. For this is the will of my Father, that every one who sees the Son and believes in him should have eternal life; and I will raise him up at the last day."*

**Saintly Example:** St. Justin Martyr

St. Justin Martyr was a Christian Apologist who lived around the year 100 A.D. in the very early church. An apologist is one who defends the faith through writings or other works. Justin converted after living his early life as a pagan, and not much is known about his life but three writings he left behind. In his work, he was known for his great ability to write and speak about the faith. While many in the world still struggled with the concepts surrounding Jesus and the Holy Trinity, St. Justin Martyr seemed to have a great understanding of these principles and he worked to teach others and convert them throughout his life. He clearly recognized that Christ was the incarnate Word and further validated the Eucharist through teaching that this "food" was the body and blood of Christ. Eventually, Justin was martyred in Rome for his ministry to the people there.

**Discussion:**

- Jesus declares that He is "the bread of life" in today's scripture verse. This is a difficult concept for many people to understand in today's world, not only the idea that Christ is fully present in the Eucharist, but that He provides us all that we need in life - spiritual nourishment, true happiness through the following of His will, and ultimately the joy of eternal life. How can we demonstrate this in our daily lives? In what ways can we proclaim that Jesus is God and man so that when the world sees our actions and words, they can better understand this mystery?

**Practice Plan:** Encourage team to seek always the will of God and to live and play with the knowledge that He is watching.

**Prayer:** Heavenly Father, you humbled yourself to become man so that we might know even more clearly your great love for us and be given the gift of eternal life. In Jesus let us see the true "bread of life" and seek to follow your will as He did on earth. May we seek this bread in the Eucharist and this nourishment through a growth in our spiritual lives. Bless our team on this day and help us together to grow in our faith and skill. We ask these things through Christ, our Lord. Amen.

**End of Practice:** Encourage team to read the scripture verse from practice again and to think about what this means. Let them know that Eucharistic Adoration is available at most of our area parishes and that it's a great way to consider how we can do God's will while in His true presence. Close with the following prayer:

- Our Father, Who art in heaven. Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. St. Justin Martyr, Pray for Us! Amen.

## 5 Minute Game Plan

8th Grade - Fall Sports Regular Season Week 6

**Theme:** The Life of Jesus - Jesus as Shepherd

**Scripture:** John 10:11-15

*I am the good shepherd. The good shepherd lays down his life for the sheep. He who is a hireling and not a shepherd, whose own the sheep are not, sees the wolf coming and leaves the sheep and flees; and the wolf snatches them and scatters them. He flees because he is a hireling and cares nothing for the sheep. I am the good shepherd; I know my own and my own know me, as the Father knows me and I know the Father; and I lay down my life for the sheep.*

**Christ as Example:** Jesus is the Good Shepherd

Jesus gives us a great example in today's scripture by using a scenario common to the time when He lived. He uses the idea of a shepherd to help people understand that just like a shepherd cares for his sheep, protects them from harm and leads them in the fields, Christ came to demonstrate His love, keep us from sin, and lead us to eternal life. Yet it's also important the language Jesus uses here, as he does not refer to Himself simply as "a" shepherd, but rather "*the* good shepherd"; the fulfillment of Old Testament prophecies and the ultimate leader and protector. Christ is not simply a caretaker, but rather knows us better than we know ourselves and sacrifices to the point where He is willing to lay down His life for us so that sin may be overcome.

In this way, Jesus is the ultimate "coach" and leader. A good coach cares about his/her team and gives the team instruction that will help them in practices and games. Like a shepherd, that coach gently leads the team in a direction that will be best for their development as a person and athlete. That coach is expected to lead by example so that others can follow him/her. Jesus is the ultimate example. He loves us more than we can know and is more than willing to provide instruction for living a happy life and receiving the ultimate reward. If we follow Him, he leads us gently in a direction that will be best for us. He even died on a cross for us. Like the example of a shepherd or a coach, Jesus is greatest leader we could ask for.

**Discussion:**

- If Jesus is the Good Shepherd and we seek to follow His lead and example, what about the hireling? Can you think of an example of the hireling, who cares little about the sheep and only seeks to save himself? Have you ever had a coach like that? How did that feel?

**Practice Plan:** Focus on leading by the example of the good shepherd and teaching the children to lead in this way as well.

**Prayer:** Lord, you are the Good Shepherd. Protect us and lead us so that we might have eternal life. Help us to learn to lead others as you do, with great love and care. Bless our team that we might continue to grow as faithful servants while learning new skills and giving our best effort. Grant that this practice will be safe and fun for all involved. Amen.

**End of Practice:** Remind the team about the example of Jesus as the Good Shepherd. Close with the following prayer:

- Our Father, Who art in heaven. Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.

## 5 Minute Game Plan

8th Grade - Fall Sports Regular Season Week 7

**Theme:** The Life of Jesus - Jesus as Servant

**Scripture:** Mark 10:43-45

*But it shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you must be slave of all. For the Son of man also came not to be served but to serve, and to give his life as a ransom for many."*

**Christ as Example:** Jesus as a Servant

Christ teaches us another valuable lesson in His words about being a servant. It follows that if Jesus came not to be served but instead to serve, then we should strive to do the same. An example of this service is the last supper, when Christ washed the feet of His disciples. In doing so, He set a valuable example for all those who would follow Him, and He did so just before His greatest example of service in His death on the cross.

In modern culture this idea of leading by serving has been called "servant leadership." In any part of life, whether at home or work, as a student or athlete, great leaders have noted that following Christ's example of servant leadership provides unique benefits. By seeking first to serve others needs and to lead them their goals - and ultimately the goal of heaven - we practice a true humility rather than simply trying to get people to do what we want them to do. That is the root of Christ's service, for He didn't come so that He could receive praise and adoration (though He is worthy) but rather so that He could *serve* mankind; that He might redeem our sin through death on a cross and show us the way to heaven. He simply tells us to follow His lead in this regard and we too may know eternal life.

**Discussion:**

- How can you be servant leaders on your team? What examples can you think of where you can lead your teammates and others closer to their goals, and God, by your words and actions?
- What about outside of the team? How can you be a servant leader in the community and imitate Christ's example?

**Practice Plan:** Encourage all the members of the team to strive to be servant leaders, just as Christ commands. Help them to realize that by serving their teammates, classmates or family, they can lead those people closer to God and follow the example of Jesus.

**Prayer:** Lord, you give us the example of service as the path by which we can love others and seek to follow you. Help us to learn from your example of service here on earth so that we may always seek to serve others in our teams, our families and our communities. May we never grow tired of putting others needs before our own, so that one day we may know the joy of eternal life. Bless our team and protect us during this week. Amen.

**End of Practice:** Remind the team about the words of Jesus and the example of service that He provides. Encourage each child to seek to serve in some way during the coming week, however big or small. Then close with the following prayer:

- Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

## 5 Minute Game Plan

8th Grade - Fall Sports Regular Season Week 8

**Theme:** The Life of Jesus - Jesus as a Man of Prayer

**Scripture:** Matthew 14:23

*And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone...*

**Saintly Example:** Intercessory Prayer with the Saints

Jesus was indeed a man of intense and fervent prayer. In nearly every part of the gospels, Christ can be found preaching about the relationship between God and His people, or separating Himself from the group to pray in silence. He not only gives us an example of how often we ought to pray, He also teaches us how to pray through the words of the Our Father.

We also have another example to follow in the lives of all the saints who have gone before us. Even better, because we know the saints rejoice in heaven with the most Holy Trinity of Father, Son and Holy Spirit, we can ask for the *intercession* of the saints in our prayers. Asking for the intercession of the saints can be confusing at first, but it's really very simple. We are simply asking for a particular saint, or perhaps several saints, to pray for us to God. We are asking them to lift up our prayer to their level of holiness in heaven and offer that to God. Much like we might ask a friend or relative to pray for us, we are doing the same with the saints. Yet if we know that its beneficial to have others on earth pray for us, how much greater must it be to have someone already in God's eternal presence take that prayer to Him? In addition, identifying a saint with whom we might have something in common, or whom we want to strive to be like, can be a very beneficial way to grow in faith. We can seek to follow that saint's example and ask them to pray for us to God.

**Discussion:**

- How can we follow Christ's example of prayer and that of the saints as a team? Are there any particular saints we would like to ask for intercession? (Example: St. Sebastian is the patron saint of athletes.)
- What are some simple ways we can pray even during practice or a game? (Ex. a simple prayer before a play such as "Lord help me to do my best" or "Jesus, I trust in you.")

**Practice Plan:** Encourage the children to pray frequently in their lives, modeling this behavior through the prayer before and after practice.

**Prayer:** Heavenly Father, we come before you to humbly ask that you teach us how to pray. In our prayer at practice, at home and throughout our day, help us to pray in such a way that we can grow in a deeper relationship with you. May we follow the example of Christ and the saints in heaven, never ceasing to praise you and seek a more devout life of prayer. We ask this through Christ our Lord. Amen.

**End of Practice:** Remind the team that prayer need not be restricted to before and after practice, or before meals, but that we can pray at any time during the day or night. Close with the following prayer, noting that this is how Christ taught us to pray:

- Our Father, Who art in heaven. Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.



## 5 Minute Game Plan

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The following are sources used for the materials in this publication. With the exception of scripture or where noted otherwise, no materials were quoted nor was content used directly from these materials. Sources were used for themes, ideas or general content regarding lives of the saints. All content herein remains the property of the CYO of Johnson and Wyandotte Counties through creator Peter Piscitello.

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