

What Does it Mean to be a Catholic Christian Man?

Headline: Do you want to be a **hero** to your wife, kids, family members and everyone you meet every single day? If you do, then come to the Fathers team on, Friday, Feb. 7 at 6:03 AM to learn what it means to be a Catholic Christian Man.

Objective:

Being a Catholic Christian Man requires us to receive courage and wisdom from the Holy Spirit that gives us the strength to swim against the current of the culture we live in. How can you be a heroic husband that stands by your wife through thick and thin; or a heroic father that leads, guides and protects your family; or a heroic son, brother, and friend by lifting up everyone you meet with unwavering support, kindness and compassion? The answer is to be a Catholic Christian man, a man who is a hero simply because he knows his faith, goes to mass regularly, prays every day, reads scripture daily, builds a brotherhood with other Catholic men in his parish, and then helps guide others to heaven.

Song Suggestion: The Servant Song

Bible and Catechism Readings:

1 John 2:15

Do not love the world or the things of the world. If anyone loves the world, the love of the Father is not in him.

James 4:4

Do you not know that to be a lover of the world means enmity with God? Therefore, whoever wants to be a lover of the world makes himself an enemy of God.

Romans 12:2

Do not conform yourself to this age, but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect.

Catechism 1896

Where sin has perverted the social climate, it necessary to call for the conversion of hearts and appeal to the grace of God. Charity urges just reforms. There is no solution to the social question apart from the Gospel.

Catechism 1914

Participation is achieved first of all by taking charge of the areas for which one assumes *personal responsibility*: by the care taken for the education of his family, by conscientious work, and so forth, man participates in the good of others and society.

Saint: St. Joseph

St. Joseph said yes to God, just as Mary did, faithfully following God's plan for his life, including guiding Mary and Jesus to Bethlehem for Jesus' birth and then to and from Egypt when Jesus' life was threatened by King Herod (Matthew 2:1:23).

St. Joseph was chosen by the eternal Father as the trustworthy guardian and protector of his greatest treasures, namely, his divine Son and Mary, Joseph's wife. He carried out this vocation with complete fidelity until at last God called him saying: "Good and faithful servant, enter into the joy of your Lord." (Saint Bernardine of Siena).

Vignette:

One evening, Paul said to John, “the world seems to be going to Hell in a handbasket. So many people value material possessions over everything else; hatred and rage is all over social media; politicians abuse power and encourage conflict, revenge and intolerance; homeless people are everywhere; there is so much loneliness and lack of connection with others due to endless hours spent on electronic devices. John said, “Unfortunately, we could easily come up with other problems to add to the list, and I know I am often guilty of bad behaviors. Perhaps we could be better Catholic Christian men and examples to others if we try to become more committed to our faith. We could try to attend Mass more than once a week, read scripture daily, invite our wives to pray the Rosary with us, go to reconciliation at least once a month and pray for at least fifteen minutes a day”. “Those sound like some great ideas. Let’s give it a try”, said John.

Questions for Large and Small Group Discussion:

What does it mean to you to be a Catholic Christian man?

Do you think that other people see you as a committed Catholic Christian man?

Do your actions conform to the world or to the will of God?

Do you demonstrate to your family how to act with Catholic Christian values in today’s culture?

What steps can you take to be a better Catholic Christian man?

References:

A. “12 ways to Become a Committed Catholic Man” by Matthew James Christoff
(<https://www.catholicgentleman.net/2014/10/12-ways-become-committed-catholic-man/>)

1. Develop a rousing case for why Jesus Christ is your king
2. Commit to be a Saint of Christ the King
3. Go to reconciliation at least once a month
4. Pray for 15 minutes every day
5. Discover the majestic manliness of the Mass
6. Participation in Sunday Mass + 1
7. Pray the Rosary regularly and carry the Rosary with you
8. Get to know your Patron Saint and Guardian Angel
9. Read Holy Scripture for 15 minutes every day

10. Be a priest, prophet and king in your own home
 11. Build a brotherhood with other Catholic men in your parish
 12. Commit to tithing and begin to work toward it
- B. Heroic Men is a 100% free Catholic streaming platform for men to expand their appreciation of truth, beauty and goodness of the Catholic faith. Go to https://heroicmen.com/?mc_cid=8151a3f5b1&mc_eid=b6223b510d
- C. The Person and Mission of St. Joseph in the Life of Christ -http://www.vatican.va/content/john-paul-ii/en/apost_exhortations/documents/hf_jp-ii_exh_15081989_redemptoris-custos.html

Action Plan:

1. Read "[12 ways to Become a Committed Catholic Man](#)" by Matthew James Christoff
2. If necessary, start small by focusing on just a few of the 12 steps that can improve your dedication to Christ.
3. Ask the Holy Spirit to guide you throughout your day.
4. Go to reconciliation by next Friday. Do Not Procrastinate!
5. Invite a friend or someone else to attend a FATHERS TEAM meeting.

Your Personal Action Plan:

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