



KAPAUN'S MEN

VIRTUE SERIES STUDY GUIDE

Session One:
The Story of Father Kapaun

"For this very reason, make every effort to
supplement your faith with virtue."

2 Peter 1:5

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In conjunction with the Father Kapaun Guild, Kapaun's Men is dedicated to spreading devotion to Servant of God Emil Kapaun and inspiring others to imitate his example in their own lives. For more information on Father Kapaun and his cause for Beatification and Canonization, visit the Father Kapaun Guild's website, www.FatherKapaun.org. If you have questions or would like assistance with the Kapaun's Men Series, please contact us at the information at the bottom of this page.

Video Production: Many thanks to Steve Hebert for helping us craft these videos and share Father Kapaun's virtues with you.

Thanks to the Men behind the Virtue Series:

Herbert Miller, former POW and US soldier serving with Father Kapaun

Mike Dowe, former POW and US officer serving with Father Kapaun

Joe Farris, The Ten Ten Group

Ray Kapaun, Nephew of Father Emil Kapaun

Father John Hotze, Episcopal Delegate for the Cause for Canonization of Father Kapaun

Father John Lanzrath, Priest of the Catholic Diocese of Wichita

Chris Stewart and Tony Brandt, Casting Nets Ministries

Joe Dellasega, Blake Wells and Jason Searl, Kapaun's Men

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Kapaun's Men

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SESSION ONE

The Story of Father Kapaun

OPENING PRAYER

Lord Jesus, in the midst of the folly of war,
your servant, Chaplain Emil Kapaun,
spent himself in total service to you
on the battlefields and
in the prison camps of Korea,
until his death at the hands of his captors.

We now ask you, Lord Jesus,
if it be your will,
to make known to all the world
the holiness of Chaplain Kapaun
and the glory of his complete sacrifice for you
by signs of miracles and peace.

In your name, Lord, we ask,
for you are the source of peace,
the strength of our service to others,
and our final hope. Amen.

Father Kapaun, pray for us!



PSALM 139:1-10

LORD, you have probed me, you know me:
you know when I sit and stand;
you understand my thoughts from afar.

You sift through my travels and my rest;
with all my ways you are familiar.
Even before a word is on my tongue,
LORD, you know it all.

Behind and before you encircle me
and rest your hand upon me.
Such knowledge is too wonderful for me,
far too lofty for me to reach.

Where can I go from your spirit?
From your presence, where can I flee?
If I ascend to the heavens, you are there;
if I lie down in Sheol, there you are.

If I take the wings of dawn
and dwell beyond the sea,
Even there your hand guides me,
your right hand holds me fast.

INTRODUCTION TO VIRTUE

"A virtue is a habitual and firm disposition to do the good. It allows the person not only to perform good acts, but to give the best of himself. The virtuous person tends toward the good with all his sensory and spiritual powers; he pursues the good and chooses it in concrete actions. Human virtues are firm attitudes, stable dispositions, habitual perfections of intellect and will that govern our actions, order our passions, and guide our conduct according to reason and faith. They make possible ease, self-mastery, and joy in leading a morally good life. The virtuous man is he who freely practices the good." (Catechism of the Catholic Church 1803-1804)

Born on a farm near the small community of Pilsen, Kansas on April 20, 1916, Emil Kapaun was a young man who sought to always live by his faith and cultivate a life of virtue. He responded generously to God's call to the priesthood and later to service as an Army Chaplain, vowing to "spend himself" for God. His witness of faith, love for his fellow soldiers, and courageous action made him the embodiment of heroism and selflessness, and he continues to inspire people decades after his death in a communist POW camp on May 23, 1951. Described by one of his fellow POWs as "the greatest example of manhood that I've ever seen in my life," he is a model of virtue that continues to bear fruit today.

VIDEO NOTES

3. How can you, one man, change the world?

4. The men in the video brought up the importance of the will to live. Do you have a will to live life to the fullest? A will to live for God?



WEEKLY CHALLENGE:

Pray 3 Hail Mary's in the morning and 3 at night.



KAPAUN'S MEN

VIRTUE SERIES STUDY GUIDE

Session Two: Mercy

"For this very reason, make every effort to
supplement your faith with virtue."

2 Peter 1:5

SESSION TWO

Mercy

OPENING PRAYER

Lord Jesus, in the midst of the folly of war,
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We now ask you, Lord Jesus,
if it be your will,
to make known to all the world
the holiness of Chaplain Kapaun
and the glory of his complete sacrifice for you
by signs of miracles and peace.

In your name, Lord, we ask,
for you are the source of peace,
the strength of our service to others,
and our final hope. Amen.

Father Kapaun, pray for us!



PSALM 130

Out of the depths I call to you, LORD;
Lord, hear my cry!
May your ears be attentive to my cry for
mercy.

If you, LORD, keep account of sins,
Lord, who can stand?
But with you is forgiveness
and so you are revered.

I wait for the LORD,
my soul waits and I hope for his word.

My soul looks for the Lord more than
sentinels for daybreak.

More than sentinels for daybreak,
let Israel hope in the LORD,
For with the LORD is mercy,
with him is plenteous redemption,
And he will redeem Israel from all its sins.

INTRODUCTION TO MERCY

“Christian prayer extends to the forgiveness of enemies, transfiguring the disciple by configuring him to his Master. Forgiveness is a high-point of Christian prayer; only hearts attuned to God’s compassion can receive the gift of prayer. Forgiveness also bears witness that, in our world, love is stronger than sin. The martyrs of yesterday and today bear this witness to Jesus. Forgiveness is the fundamental condition of the reconciliation of the children of God with their Father and of men with one another.”

- Catechism of the Catholic Church #2844

VIDEO NOTES

DISCUSSION QUESTIONS

1. Why is forgiveness so hard for us?

2. Why is there a disconnect between the head and the heart when it comes to mercy and forgiveness?

3. What do you think of the statement you heard that “mercy begets mercy”? How is this so?

4. Do we really mean what we say when we pray the words in the *Our Father*, “forgive us our trespasses, as we forgive those who trespass against us”? If God forgives, why don’t we?

5. Why is it hard for men to be loved or to accept love? What is the role of the Sacrament of Reconciliation in allowing God to love you?

6. What is pride's role as an obstacle to forgiveness?

7. For what areas in your life would you want help in asking forgiveness?



WEEKLY CHALLENGE:

Go to the Sacrament of Reconciliation.



KAPAUN'S MEN

VIRTUE SERIES STUDY GUIDE

Session Three: Faith

"For this very reason, make every effort to
supplement your faith with virtue."

2 Peter 1:5

SESSION THREE

Faith

OPENING PRAYER

Lord Jesus, in the midst of the folly of war,
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We now ask you, Lord Jesus,
if it be your will,
to make known to all the world
the holiness of Chaplain Kapaun
and the glory of his complete sacrifice for you
by signs of miracles and peace.

In your name, Lord, we ask,
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the strength of our service to others,
and our final hope. Amen.

Father Kapaun, pray for us!



PSALM 142

With my own voice I cry to the LORD;
with my own voice I beseech the LORD.
Before him I pour out my complaint,
tell of my distress in front of him.

When my spirit is faint within me,
you know my path.
As I go along this path,
they have hidden a trap for me.
I look to my right hand to see
that there is no one willing
to acknowledge me.
My escape has perished; no one cares for me.

I cry out to you, LORD,
I say, You are my refuge,
my portion in the land of the living.
Listen to my cry for help,
for I am brought very low.
Rescue me from my pursuers,
for they are too strong for me.

Lead my soul from prison,
that I may give thanks to your name.
Then the righteous shall gather around me
because you have been good to me.

INTRODUCTION TO FAITH

“Faith is the theological virtue by which we believe in God and believe all that He has said and revealed to us, and that Holy Church proposes for our belief, because He is truth itself. By faith ‘man freely commits his entire self to God.’ For this reason the believer seeks to know and do God’s will. ‘The righteous shall live by faith.’ Living faith ‘works through charity.’ (Rom 1:17, Gal 5:6)”

- Catechism of the Catholic Church #1814

VIDEO NOTES

DISCUSSION QUESTIONS

1. What part of Father Kapaun’s faith is the most moving to you, whether in this segment or another?

2. Herb Miller says, "I owe the Lord" to keep practicing the faith. In what areas do you feel like you "owe" something to God?

3. How does trust relate to faith? Have you ever said "God's got this"? Do you mean it?

4. How do fear, worry, anxiety, and despair affect faith? How do you deal with these?

5. What is it about sharing our faith that makes it “explode” as Chris said? When have you experienced this feeling?

6. How did Father Kapaun’s faith lift other men’s spirits? Think of a time when your faith lifted your family or friends’ spirits and share this with your group.

7. Share a time when your faith was verified after following God’s plan for you, perhaps even when it differed from your own plans.



WEEKLY CHALLENGE:

*Find an accountability partner
and share your own personal
faith journey.*



KAPAUN'S MEN

VIRTUE SERIES STUDY GUIDE

Session Four: Hope

"For this very reason, make every effort to
supplement your faith with virtue."

2 Peter 1:5

SESSION FOUR

Hope

OPENING PRAYER

Lord Jesus, in the midst of the folly of war,
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We now ask you, Lord Jesus,
if it be your will,
to make known to all the world
the holiness of Chaplain Kapaun
and the glory of his complete sacrifice for you
by signs of miracles and peace.

In your name, Lord, we ask,
for you are the source of peace,
the strength of our service to others,
and our final hope. Amen.

Father Kapaun, pray for us!



PSALM 42:2-6

As the deer longs for streams of water,
so my soul longs for you, O God.
My soul thirsts for God, the living God.
When can I enter and see the face of God?

My tears have been my bread day and night,
as they ask me every day,
"Where is your God?"

Those times I recall as I pour out my soul,
When I would cross over
to the shrine of the Mighty One,
to the house of God,

amid loud cries of thanksgiving,
with the multitude keeping festival.

Why are you downcast, my soul;
why do you groan within me?
Wait for God, for I shall again praise him,
my savior and my God.

INTRODUCTION TO HOPE

“Hope is the theological virtue by which we desire the kingdom of Heaven and eternal life as our happiness, placing our trust in Christ’s promises and relying not on our own strength, but on the help of the grace of the Holy Spirit. ‘Let us hold fast the confession of our hope without wavering, for He who promised is faithful.’ ‘The Holy Spirit...he poured out upon us richly through Jesus Christ our Savior, so that we might be justified by his grace and become heirs in hope of eternal life.’ (Titus 3:6-7)”

- Catechism of the Catholic Church #1817

VIDEO NOTES



DISCUSSION QUESTIONS

1. Am I a person of hope? What would your boss, colleagues, family, etc. answer this of you?

2. Joe Farris contends that hope is often lost in today's world. Give an example of when you have observed this and an example of when someone else's hope has inspired you.

3. Joe Dellasega introduces the concept of waiting until someone is so far gone and trying to pull them back vs. looking for small ways to instill hope ahead of time. Is there a time you have instilled hope that you can share? Has someone done this for you?

4. How are you called to bring hope into the world?

5. Can you share ideas on who you would write your note to and why?

6. Who would you most like to get notes from?



WEEKLY CHALLENGE:

*Write a letter of gratitude
to someone who has inspired
you with hope.*



KAPAUN'S MEN

VIRTUE SERIES STUDY GUIDE

Session Five: Love

"For this very reason, make every effort to
supplement your faith with virtue."

2 Peter 1:5

SESSION FIVE

Love

OPENING PRAYER

Lord Jesus, in the midst of the folly of war,
your servant, Chaplain Emil Kapaun,
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We now ask you, Lord Jesus,
if it be your will,
to make known to all the world
the holiness of Chaplain Kapaun
and the glory of his complete sacrifice for you
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In your name, Lord, we ask,
for you are the source of peace,
the strength of our service to others,
and our final hope. Amen.

Father Kapaun, pray for us!



JOHN 15:9-16

As the Father loves me, so I also love you.
Remain in my love.
If you keep my commandments,
you will remain in my love,
just as I have kept my Father's
commandments and remain in his love.
I have told you this so that my joy may be in
you and your joy may be complete.

This is my commandment:
love one another as I love you.
No one has greater love than this,
to lay down one's life for one's friends.

You are my friends if you do what I
command you.

I no longer call you slaves, because a slave
does not know what his master is doing.
I have called you friends, because I have told
you everything I have heard from my Father.

It was not you who chose me,
but I who chose you and appointed you
to go and bear fruit that will remain,
so that whatever you ask the Father in my
name he may give you.

INTRODUCTION TO LOVE

“Charity is the theological virtue by which we love God above all things for his own sake, and our neighbor as ourselves for the love of God. Jesus makes charity the new commandment (John 13:34). By loving his own ‘to the end,’ He makes manifest the Father’s love which He receives. By loving one another, the disciples imitate the love of Jesus which they themselves receive. Whence Jesus says: ‘as the Father has loved me, so have I loved you; abide in my love.’ And again: ‘This is my commandment, that you love one another as I have loved you.’ (John 15:9-12)”

- Catechism of the Catholic Church #1822-23

VIDEO NOTES

DISCUSSION QUESTIONS

1. How do the other two theological virtues of faith and hope complement love?

2. In what moments of my life do I need to love more?

3. "Love is the absence of self"; what does this mean to you?

4. Father Kapaun didn't do what he did because he wanted to receive love, but simply out of love. When have you tried to earn someone's love? How often is this your motive, and how does it affect your actions?

5. Herb Miller said, "I have a home in heaven now" because of Father Kapaun's love. Love changed Herb's life. How can you change the world with your expressions of love?

6. Where have you seen or experienced what authentic love looks like along your faith journey?

7. Sometimes as men we rush too quickly to action: "do it, fix it". In order to change the world, we must first know God's love. Has an action-driven mindset ever impeded your efforts to love?



WEEKLY CHALLENGE:

*Go sit with God in Adoration
and simply be with Him. Allow
Him to love you where you are.*



KAPAUN'S MEN

VIRTUE SERIES STUDY GUIDE

Session Six: Courage

"For this very reason, make every effort to
supplement your faith with virtue."

2 Peter 1:5

SESSION SIX

Courage

OPENING PRAYER

Lord Jesus, in the midst of the folly of war,
your servant, Chaplain Emil Kapaun,
spent himself in total service to you
on the battlefields and
in the prison camps of Korea,
until his death at the hands of his captors.

We now ask you, Lord Jesus,
if it be your will,
to make known to all the world
the holiness of Chaplain Kapaun
and the glory of his complete sacrifice for you
by signs of miracles and peace.

In your name, Lord, we ask,
for you are the source of peace,
the strength of our service to others,
and our final hope. Amen.

Father Kapaun, pray for us!



PSALM 23

The LORD is my shepherd;
there is nothing I lack.
In green pastures he makes me lie down;
to still waters he leads me;
he restores my soul.
He guides me along right paths
for the sake of his name.

Even though I walk through the valley of the
shadow of death,
I will fear no evil, for you are with me;
your rod and your staff comfort me.

You set a table before me in front of my
enemies;
You anoint my head with oil;
my cup overflows.

Indeed, goodness and mercy will pursue me
all the days of my life;
I will dwell in the house of the LORD for
endless days.

INTRODUCTION TO COURAGE

“Fortitude is the moral virtue that ensures firmness in difficulties and constancy in the pursuit of the good. It strengthens the resolve to resist temptations and to overcome obstacles in the moral life. The virtue of fortitude enables one to conquer fear, even fear of death, and to face trials and persecutions. It disposes one even to renounce and sacrifice his life in defense of a just cause. ‘The Lord is my strength and my song.’ (Ps 118:14) ‘In the world you have tribulation; but be of good cheer, I have overcome the world.’ (Jn 16:33)”

- Catechism of the Catholic Church #1808

VIDEO NOTES

DISCUSSION QUESTIONS

1. Which example of Father Kapaun’s courage struck you the most?

2. What courageous decisions have you made, big or small?

3. When in your journey have you witnessed something courageous?

4. How are doubt and fear debilitating, and why are those feelings so prevalent?

5. Much of Father Kapaun's courage was discussed in the context of defiance. What must we have courage to stand up to in our everyday lives, either outside of us or within ourselves?

6. What do you think of the statement by Pope Benedict XVI: "You were not made for comfort, you were made for greatness"?



WEEKLY CHALLENGE:

Memorize the 23rd Psalm.



KAPAUN'S MEN

VIRTUE SERIES STUDY GUIDE

Session Seven: Mission

"For this very reason, make every effort to
supplement your faith with virtue."

2 Peter 1:5

SESSION SEVEN

Mission

OPENING PRAYER

Lord Jesus, in the midst of the folly of war,
your servant, Chaplain Emil Kapaun,
spent himself in total service to you
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in the prison camps of Korea,
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We now ask you, Lord Jesus,
if it be your will,
to make known to all the world
the holiness of Chaplain Kapaun
and the glory of his complete sacrifice for you
by signs of miracles and peace.

In your name, Lord, we ask,
for you are the source of peace,
the strength of our service to others,
and our final hope. Amen.

Father Kapaun, pray for us!



PSALM 96:1-10

Sing to the LORD a new song;
sing to the LORD, all the earth.
Sing to the LORD, bless his name;
proclaim his salvation day after day.
Tell his glory among the nations;
among all peoples, his marvelous deeds.

For great is the LORD and highly to be
praised,
to be feared above all gods.
For the gods of the nations are idols,
but the LORD made the heavens.
Splendor and power go before him;
power and grandeur are in his holy place.

Give to the LORD, you families of nations,
give to the LORD glory and might;
give to the LORD the glory due his name!
Bring gifts and enter his courts;
bow down to the LORD, splendid in holiness.

Tremble before him, all the earth;
declare among the nations: The LORD is king.
The world will surely stand fast, never to be
shaken.
He rules the peoples with fairness.

INTRODUCTION TO MISSION

"Proclaim the word; be persistent whether it is convenient or inconvenient; convince, reprimand, encourage through all patience and teaching. Be self-possessed in all circumstances; put up with hardship; perform the work of an evangelist; fulfill your ministry. For I am already being poured out like a libation, and the time of my departure is at hand. I have competed well; I have finished the race; I have kept the faith."

- 2 Timothy 4: 2, 5-7

VIDEO NOTES

DISCUSSION QUESTIONS

1. What is your definition of a missionary?

2. The story of Tibor Rubin illustrates how Father Kapaun sought people out where they were, and that he was a saint by being present to others. How are we called to “be there” for others?

3. Mike Dowe said that a missionary should let his actions speak louder than his words. What characteristics do you think a missionary should have?

4. Blake suggests that God will put situations in front of you and that “He’ll do the heavy lifting- your call is to recognize and to respond.” Have you ever experienced this in your life?

5. We often go at breakneck speed throughout the day, even sometimes in our eagerness to do good work for the Lord. How is quieting ourselves down to meet Christ an essential counterpart to our action?

6. Will people look at you differently because of your witness?

7. Can you, like Father Kapaun, encourage a group of people to live extraordinary lives, not just here and now, but for generations to come?



WEEKLY CHALLENGE:

*Discern what "breaks your heart."
If that is your calling, move out
of your comfort zone and into
mission for and with Christ.*