

FREDDIE FREEMAN // Reflection Guide

ALL-STAR BASEBALL PLAYER



1. Freddie has many fond memories of his mother but the one that brings the biggest smile to his face is the story of his first home run. He was eight years old and hit the ball four feet over the fence; it traveled right towards his mother and almost landed on her! Freddie laughs as he tells the story.

What are some of the fondest memories you have with your loved one?

2. Freddie talks about how after his mom died from skin cancer, he was focused on the question: “Why did God take her away from us so early?”

We often ask questions after someone dies, trying to understand and make sense of what happened. What sorts of questions did you ask after your loved one died?

3. Freddie describes how hard it was after his mother died. Everything reminded him of her.

Describe some special things that remind you of your loved one.

4. Freddie says, “When my mom was sick, I felt like (baseball) was 2 hours of inconvenience, but when my mom passed away, it was two to three hours of me being able to just free my mind.”

What do you do to free your mind? How have these things helped with your grieving?

5. Although the loss of his mother is still tough for him each day, Freddie mentions three big days that he misses her the most -- Mother’s Day, her birthday and the anniversary of her death.

What days do you miss your loved one the most? What do you do to honor him or her on these special occasions?

6. Freddie advises kids who have lost a parent to lean on someone they trust.

Who have you leaned on? Who do you trust? How can you surround yourself with more of these people?

7. Freddie encourages people to talk about their loss and “go out there” and be a kid. He says, “Talk about it, lean on someone. It’s going to be hard, but it’s going to be easier.”

Describe how talking about your feelings helps make things easier.