

## SPIRITUAL COMBAT -- *Episode Six: Battle of the Mind*



Team Member Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Game Strategy** – Our mind is like a sponge, it absorbs everything, but what are we soaking up men?

Be ready to take the field for this workout by completing the **Pregame Film Study**. Your contributions to the Huddle Discussion in our workout are vital to our team success. Remember we win and lose as a team!

### **Pregame Film Study**

1. View or listen to the episode referenced above.
2. Go deep with the Scripture References, Coaching Tips and Catechism Connection on page 2.
3. Reflect upon the **Huddle Up** questions below and jot down your thoughts.

**Huddle Up** – Use these questions for personal reflection to share with your team at the workout.

### **Warm-up Questions:**

1. What particular point(s) caught your attention the most in this episode?
2. What is something useful that you learned from viewing this episode that you can apply in your own life?

### **Workout Questions:**

1. The devil loves to infiltrate the mind. Why is it so critical for us to monitor what we allow to enter into our minds? (2 Corinthians 10:3-5)
2. Name some devices that the devil will use to enter into our minds. How do we protect ourselves from these devices? How can we protect our family?
3. Our thoughts can control our behavior; sometimes these thoughts just pop up out of nowhere. Are there any recurring thoughts that pop up in your mind that tempt you to sin? What is your reaction to these thoughts? How do you get rid of them? (Romans 12:1-2)
4. Temptations stops 15 minutes after you are in the grave. We will never totally get rid of these thoughts, but what are some methods that you can use to help control your thought process?
5. Reflect on the past week; take an inventory on what you are allowing to enter into your mind through what you are watching, reading, listening to, or saying. Are these things positive or negative? What do you think are the best ways of getting rid of negative influences?
6. What are some practical ways that you can use to make sure that positive thoughts are entering into the minds of your children? Read Philippians 4:8. This verse gives you insight on how to think. How will this verse help you in your thought life as well as helping you teach your children how to think?

## **SPIRITUAL COMBAT – *Episode Six: Battle of the Mind***

**Team Workout Plan** - Watch the Kickoff, Game Plan and Red Zone video segments as a team. Break into huddles for discussion of the questions.

**Postgame Recap** - Watch the End Zone video segment as a team. Take note of the tips from the CTG team:

1. Read Scripture every day.
2. Pursue truth.
3. What are you allowing into your mind via watching, reading, or listening? Positive or negative?

Complete your **Personal Action Item**. 

### **Scripture References**

Romans 12:1-2

Romans 1:8

Romans 1:25

Philippians 4:6-8

Matthew 7:7-8

2 Corinthians 11:3

2 Corinthians 10:3-5

Philippians 4:8

### **Coaching Tips**

Take up the sword of the Spirit (God's Word) today, and start slaughtering the enemy's assists that he's been using against you!

- Reading Scripture daily
- Bible Study
- "Stand-Up and Speak-Up"
- Praying the Rosary
- Confession regularly
- Christian Fellowship

### **Catechism Connection**

**1783** Conscience must be informed and moral judgment enlightened. A well-formed conscience is upright and truthful. It formulates its judgments according to reason, in conformity with the true good willed by the wisdom of the Creator. The education of conscience is indispensable for human beings who are subjected to negative influences and tempted by sin to prefer their own judgment and to reject authoritative teachings.

**1784** The education of the conscience is a lifelong task. From the earliest years, it awakens the child to the knowledge and practice of the interior law recognized by conscience. Prudent education teaches virtue; it prevents or cures fear, selfishness and pride, resentment arising from guilt, and feelings of complacency, born of human weakness and faults. The education of the conscience guarantees freedom and engenders peace of heart.

**1785** In the formation of conscience the Word of God is the light for our path; we must assimilate it in faith and prayer and put it into practice. We must also examine our conscience before the Lord's Cross. We are assisted by the gifts of the Holy Spirit, aided by the witness or advice of others and guided by the authoritative teaching of the Church.

**1790** A human being must always obey the certain judgment of his conscience. If he were deliberately to act against it, he would condemn himself. Yet it can happen that moral conscience remains in ignorance and makes erroneous judgments about acts to be performed or already committed.

See Also: **1792**

### **Personal Action Item**

Develop a plan of action based upon our prayer and discussion related to the topic. How does the Lord want this topic applied in your life? Keep it simple – one or two action items.

*I commit to becoming spiritually fit by...*