

## POWER OF THE SPIRIT – *Episode 5: Cooperate with the Spirit*



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

**Game Strategy** – What is devotion to the Holy Spirit but a loving and constant cooperation with His divine influence in His sanctifying work? ~ *Abp. Luis Martinez, The Sanctifier.*

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. What do you think it means to cooperate with the Holy Spirit? What are some of the ways that you cooperate with the Spirit?
2. The CTG team mentioned that unforgiveness, unworthiness, indifference, and pride seem to be the main stumbling blocks that prevent us from cooperating with the Holy Spirit. Explain how each one of these either could or has caused you to have an adverse affect on your relationship with the Holy Spirit.
3. A goal that we seem to struggle with, is the elimination of our failures, our faults, our imperfections, and sins. Many times we experience defeat in these areas, and we really come down hard on ourselves. Have you experienced some defeats in these areas? Afterwards, what has your reaction been? Why do you think you reacted the way that you did? This passage will be helpful—Gal 6;8-9 He who sows to the Spirit will from the Spirit reap eternal life. And let us not grow weary in well-doing, for in due season, we shall reap, if we do not lose heart.
4. Which of these defects mentioned in questions 2 and 3 have you struggled with the most? Why do you think that's so?
5. How do you think that the Holy Spirit could help you to get these defects under control?

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**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. Open your heart and be honest with God.
2. Go to confession. Jesus is waiting to give you mercy.
3. Run the race with other men cooperating with the Spirit.
4. Ask the Blessed Mother Mary to open your heart so the Holy Spirit can penetrate the depths of your heart.

Complete your **Personal Action Item**. 

### **Scripture References**

2 Corinthians 13:14  
Galatians 5:16, 25

Galatians 6:8-9

### **Coaching Tips**

Without the Spirit, we can neither love God nor keep His commandments. ~ *St. Augustine*

God wants us to grow and go. ~ *Peter Herbeck*

If you are not growing spiritually, you are dying.

Empty yourself out so God can fill you with His Holy Spirit!

### **Catechism Connection**

**1108** In every liturgical action the Holy Spirit is sent in order to bring us into communion with Christ and so to form his Body. The Holy Spirit is like the sap of the Father's vine which bears fruit on its branches. The most intimate cooperation of the Holy Spirit and the Church is achieved in the liturgy. The Spirit, who is the Spirit of communion, abides indefectibly in the Church. For this reason the Church is the great sacrament of divine communion which gathers God's scattered children together. Communion with the Holy Trinity and fraternal communion are inseparably the fruit of the Spirit in the liturgy.

**685** To believe in the Holy Spirit is to profess that the Holy Spirit is one of the persons of the Holy Trinity, consubstantial with the Father and the Son: "with the Father and the Son he is worshipped and glorified." For this reason, the divine mystery of the Holy Spirit was already treated in the context of Trinitarian "theology." Here, however, we have to do with the Holy Spirit only in the divine "economy."

**686** The Holy Spirit is at work with the Father and the Son from the beginning to the completion of the plan for our salvation. But in these "end times," ushered in by the Son's redeeming Incarnation, the Spirit is revealed and given, recognized and welcomed as a person. Now can this divine plan, accomplished in Christ, the firstborn and head of the new creation, be embodied in mankind by the outpouring of the Spirit: as the Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting.

See Also: **683-684**

### **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...*