



## Workout Tracker

### Spiritual Combat

#### Workout Sessions

The War

The World

The Flesh

The Devil

Put On the Armor

Battle of the Mind

Discipline Your Body

Victory Belongs to the Lord

#### Date Completed

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#### Workout Teammates

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#### Contact Information

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## SPIRITUAL COMBAT -- *Episode One: The War*



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

**Game Strategy** – We're at war and the stakes are high. Men, if we are not fighting spiritual battles every day, we are losing the war.

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. Read Ephesians 6:110-17. What does spiritual warfare mean to you? What do you think verse 12 is referring to? What does it mean to you to face this kind of enemy?
2. Do you believe that a spiritual war is being waged on us presently? When do you think this spiritual battle began and what caused it? Read Genesis 3:1-7 and Wisdom 2:23-24.
3. Take a moment and reflect on your own life. Share a few personal incidents in which you knew that you were in spiritual combat. How did you respond to those challenges?
4. The war is not only against us individually but also against the Church. Can you name a few current issues in our society that prove that the Church is under attack?
5. What are some ways that you can protect and defend yourself and your family in this spiritual combat? (Ephesians 6:18)
6. What do you think is at stake in this war?

## **SPIRITUAL COMBAT -- Episode One: The War**

**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. Accept the Biblical world view that the Church teaches us.
2. 1 Peter 5:8-9 Resist the devil through the power of Christ.
3. Take courage, Jesus has won the war. Persevere daily!

Complete your **Personal Action Item**. 

### **Scripture References**

Revelation 12:7-10  
Ephesians 6:10-18  
1 Timothy 6:11-12

Genesis 3:1-7  
Wisdom 2:23-24  
1 Peter 5:8-9

### **Coaching Tips**

In our days, when in vast areas of the world the faith is in danger of dying out like a flame which no longer has fuel... the real problem at this moment in our history is that God is disappearing from the human horizon, and, with the dimming of the light which comes from God, humanity is losing its bearings with an increasingly evident destructive event. – *Pope Benedict XVI*

Learn the Prayer to St. Michael the Archangel and pray it often.

Jesus permits the spiritual combat as a purification, not as a punishment. The trial is not unto death but unto salvation. - *St. Padre Pio*

### **Catechism Connection**

**407** “.... By our first parents' sin, the devil has acquired a certain domination over man, even though man remains free. Original sin entails "captivity under the power of him who thenceforth had the power of death, that is, the devil". Ignorance of the fact that man has a wounded nature inclined to evil gives rise to serious errors in the areas of education, politics, social action and morals”.

**409** This dramatic situation of "the whole world [which] is in the power of the evil one" makes man's life a battle: The whole of man's history has been the story of dour (determined or purposeful) combat with the powers of evil, stretching, so our Lord tells us, from the very dawn of history until the last day. Finding himself in the midst of the battlefield man has to struggle to do what is right, and it is at great cost to himself, and aided by God's grace, that he succeeds in achieving his own inner integrity.

**2516** Because man is a composite being, spirit and body, there already exists a certain tension in him; a certain struggle of tendencies between "spirit" and "flesh" develops. But in fact this struggle belongs to the heritage of sin. It is a consequence of sin and at the same time a confirmation of it. It is part of the daily experience of the spiritual battle: For the Apostle it is not a matter of despising and condemning the body which with the spiritual soul constitutes man's nature and personal subjectivity. Rather, he is concerned with the morally good or bad works, or better, the permanent dispositions - virtues and vices - which are the fruit of submission (in the first case) or of resistance (in the second case) to the saving action of the Holy Spirit. For this reason the Apostle writes: "If we live by the Spirit, let us also walk by the Spirit.

### **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...*

## SPIRITUAL COMBAT -- *Episode Two: The World*



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

**Game Strategy** – Why does our world seem so godless? Is it truly in the power of the devil?

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**

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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 is your definition of "the World" as it pertains to our spiritual lives? 1 John 2:15-17 talks about the world and how it can corrupt our souls. How does the love of the world impact us?
2. The ways of the world seem to be increasingly popular in our society. Can you name some of these worldly standards? Can you name some godly principles that the Lord wants us to live by? Read the Scripture passage 1 Thessalonians 5:14-22 which gives some principles of living the Christian life.
3. Do you think that we will be more at peace with ourselves by living by godly principles or worldly principles? Why or why not?
4. Be honest with yourself; thus far, in what area(s) of your life have you been living by worldly principles? In what areas have you been living by godly principles? How can you improve?
5. What are some of the methods that the Church offers that will help you improve your spiritual life?
6. What are some things that you can change to help you resist the allurements of the world? What are some things you can change as a family?
7. Our children are under attack by the world through TV, music, technology, movies, advertisement, peer pressure, etc. As a father, how can your example have an effect on your children?
8. Read John 16:33. Do you believe what Jesus is saying in this Scripture passage? Why or why not?

## **SPIRITUAL COMBAT -- *Episode Two: The World***

**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. 1 John 4:4 - Greater is He that is in you than he that is in the world.
2. John 16:33 – We can overcome the world in Christ.
3. Am I living my way or God’s way?

Complete your **Personal Action Item**. 

### **Scripture References**

Titus 2:11-14

Ephesians 2:1-3

1 John 5:4-5, 19

1 John 2:15-17

1 Thes 5:14-22

John 16:33

### **Coaching Tips**

True holiness does not mean a flight from the world; rather, it lies in the effort to incarnate the Gospel in everyday life, in the family, at school and at work and in social and political involvement. - *Saint Pope John Paul II*

When freedom does not have a purpose, when it does not wish to know anything about the rule of law engraved in the hearts of men and women, when it does not listen to the voice of conscience, it turns against humanity and society. – *Saint Pope John Paul II*

### **Catechism Connection**

**400** The harmony in which they had found themselves, thanks to original justice, is now destroyed: the control of the soul’s spiritual faculties over the body is shattered; the union of man and woman becomes subject to tensions, their relations henceforth marked by lust and domination. Harmony with creation is broken: visible creation has become alien and hostile to man. Because of man, creation is now subject “to its bondage to decay.” Finally, the consequence explicitly foretold for this disobedience will come true: man will “return to the ground,” for out of it he was taken. Death makes its entrance into human history.

**408** The consequences of original sin and of all men’s personal sins put the world as a whole in the sinful condition aptly described in St. John’s expression, “the sin of the world.” This expression can also refer to the negative influence exerted on people by communal situations and social structures that are the fruit of men’s sins.

**2545** All Christ’s faithful are to “direct their affections rightly, lest they be hindered in their pursuit of perfect charity by the use of worldly things and by an adherence to riches which is contrary to the spirit of evangelical poverty.”

**1811** It is not easy for man, wounded by sin, to maintain moral balance. Christ’s gift of salvation offers us the grace necessary to persevere in the pursuit of the virtues. Everyone should always ask for this grace of light and strength, frequent the sacraments, cooperate with the Holy Spirit, and follow his calls to love what is good and shun evil.

### **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...*

## SPIRITUAL COMBAT -- *Episode Three: The Flesh*



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

**Game Strategy** – Men, do you feel you have to struggle to do what is right. To counter the flesh, we need God's grace.

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 world is an external enemy. The flesh is an internal enemy. What do you think is meant by this?
2. Read Galatians 5:19-21, Sirach 23:16. Looking at these passages along with knowing what is happening in the world today, jot down some of the sins of the flesh. What do you think are the most difficult for you to overcome?
3. Do you think that the sins of the flesh especially lust and impurity are the most prevalent in this day and age? Why or why not?
4. David was tempted by just a glance to fall into the sin of lust. What are some of the devices that the devil uses to lure you into committing sins of the flesh? (For example, impurity). How can you prevent yourself from being trapped by these devices?
5. Men through all of history have battled with sins of the flesh. St. Paul tells us that, "I do the very things I hate." List some spiritual means which you can utilize to help you overcome temptations of the flesh.
6. The CTG team mentions, quite often, the importance of belonging to a men's prayer group for accountability purposes. Why do you think it would be beneficial to belong to such a group? How do you think this group could better help you deal with sins of the flesh? (Ecclesiastes 4:9-12)
7. We are told that children are vulnerable to sins of the flesh at a young age. What are some of the ways that you and your wife can educate your children on how to avoid the various temptations of the flesh?
8. Technology seems to be the key device the devil is using to trap youth. What are some ways that you can monitor your children in this area?

## **SPIRITUAL COMBAT -- *Episode Three: The Flesh***

**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. Therefore, there is now no condemnation for those who are in Christ Jesus (Rom 8:1). Stand on this truth.
2. Now is the time to respond. Don't wait for tomorrow.
3. When temptation arises, run to Jesus.

Complete your **Personal Action Item**.



### **Scripture References**

Galatians 5:19-24

Romans 7:14-15, 18-19

Romans 8:12-17

Sirach 23:16

Ecclesiastes 4:9-12

Romans 8:1

### **Coaching Tips**

“The world offers you comfort, but you were not made for comfort. You were made for greatness.” – *Pope Benedict XVI*

Through prayer, scripture reading and participation in the sacraments we can, with patience and persistence, go from having to do the right thing to wanting to do the right thing.

– *CTG Team*

Thoughts are not sins, but what we do with them can be, so we need to learn to not dwell on thoughts. When the flesh is weak, we need to RUN to Jesus! Get away from whatever it is that draws us away from what we want to do. We must do our best to isolate ourselves from these things – avoid the near occasion of sin.

– *CTG Team*

### **Catechism Connection**

**376** By the radiance of this grace all dimensions of man's life were confirmed. As long as he remained in the divine intimacy, man would not have to suffer or die. The inner harmony of the human person, the harmony between man and woman, and finally the harmony between the first couple and all creation, comprised the state called “original justice.”

**377** The “mastery” over the world that God offered man from the beginning was realized above all within man himself: *mastery of self*. The first man was unimpaired and ordered in his whole being because he was free from the triple concupiscence that subjugates him to the pleasures of the senses, covetousness for earthly goods, and self-assertion, contrary to the dictates of reason.

**401** “For when man looks into his own heart he finds that he is drawn towards what is wrong and sunk in many evils which cannot come from his good creator. Often refusing to acknowledge God as his source, man has also upset the relationship which should link him to his last end, and at the same time he has broken the right order that should reign within himself as well as between himself and other men and all creatures”

### **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...*

## SPIRITUAL COMBAT -- *Episode Four: The Devil*



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

**Game Strategy** – The devil is real. Just ask Jesus. He talked about and to him. He fought with him and He beat him.

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### **Pregame Film Study**

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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. Read Revelation 12:9. Do you truly believe that the devil exists and that he is evil? Why do you believe this? If not, why?
2. What are the evil traits that he is known for?
3. What is the devil's ultimate goal for the world?
4. The devil doesn't run around with a pitchfork, horns and a tail. He disguises and deceives. Can you recall a time in your life when the devil deceived you into thinking you were doing the right thing when deep in your heart you knew it was wrong? What did you learn from this incident?
5. 1 Peter 5:8-9 tells us that the devil prowls around like a roaring lion seeking someone to devour and we must resist him firm in the faith. What does this passage mean to you? What are some of the tools of your faith that you can use to resist these attacks?
6. The devil not only comes after us individually but also collectively. Can you name some ways in which the devil is trying to corrupt this world? What can you do to help prevent this from happening?
7. The devil is a higher being than we are; he stands between us and God. How can you assure yourself that you can defeat the devil every time he tries to attack you? (James 4:6-10)

## **SPIRITUAL COMBAT – *Episode Four: The Devil***

**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. Ask the Lord to help you get in the fight against evil.
2. 1 John 5:19. Plant the flag. Choose to live for Christ.
3. Call on Jesus. He will protect you every time!

Complete your **Personal Action Item**. 

### **Scripture References**

1 John 3:8

Colossians 2:13-15

Luke 4:1-14

Revelation 12:9

James 4:6-10

1 Peter 5:8-9

### **Coaching Tips**

Do you want to outwit the devil? Never let him catch you idle. Work, study, pray; and you will surely overcome your spiritual enemy. - *St. John Bosco*

What are the Church's greatest needs at the present time? Don't be surprised at our answer and don't write it off as simplistic or even superstitious: one of the Church's greatest needs is to be defended against the evil we call the Devil..... We come face to face with sin which is a perversion of human freedom and the profound cause of death because it involves detachment from God, the source of life. And then sin in its turn becomes the occasion and the effect of interference in us and our work by a dark, hostile agent, the Devil. Evil is not merely an absence of something but an active force, a living, spiritual being that is perverted and that perverts others. It is a terrible reality, mysterious and frightening. – *Pope Paul VI address to a General Audience November 15, 1972.*

### **Catechism Connection**

**391** Behind the disobedient choice of our first parents lurks a seductive voice, opposed to God, which makes them fall into death out of envy. Scripture and the Church's Tradition see in this being a fallen angel, called "Satan" or the "devil". The Church teaches that Satan was at first a good angel, made by God: "The devil and the other demons were indeed created naturally good by God, but they became evil by their own doing."

**395** The power of Satan is, nonetheless, not infinite. He is only a creature, powerful from the fact that he is pure spirit, but still a creature. He cannot prevent the building up of God's reign. Although Satan may act in the world out of hatred for God and his kingdom in Christ Jesus, and although his action may cause grave injuries - of a spiritual nature and, indirectly, even of a physical nature- to each man and to society, the action is permitted by divine providence which with strength and gentleness guides human and cosmic history. It is a great mystery that providence should permit diabolical activity, but "we know that in everything God works for good with those who love him."

**2851** In this petition, evil is not an abstraction, but refers to a person, Satan, the Evil One, the angel who opposes God. The devil (dia-bolos) is the one who "throws himself across" God's plan and his work of salvation accomplished in Christ.

### **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...*

## SPIRITUAL COMBAT -- *Episode Five: Put On The Armor of God*



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

**Game Strategy** – Men, if we are going to fight a spiritual war then we need the best weapons and to train well to use them.

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.
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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. Our war against the devil is daily. The first thing in the morning we must be prepared to defend ourselves. Ephesians 6:13-19 tells us about putting on the full armor of God. Using this Ephesians passage, describe each of the various pieces of armor.
2. Which pieces of God's armor are you currently using? Explain how.
3. Notice that all of the pieces of God's armor are basically defensive in nature except for the *sword of the Spirit which is the Word of God*. When Jesus was tempted in the wilderness he used His sword - the Word of God (see Matthew 4). He used Scripture to defend himself against the devil every time He was tempted. What can you do to better use this offensive weapon?
4. The devil works 24/7--no vacations. That means we are in for a long battle. It will require perseverance and spiritual toughness. Are you prepared to put up a fight for the long haul? What are some weaknesses that you think you need to "shore up?" How do you plan on transforming these weaknesses into strengths?
5. Design a spiritual action plan utilizing the armor of God that will be helpful for self defense. What is your strategy to stay committed to this plan?
6. Football players and soldiers have armor and receive instructions before entering into battle. As a spiritual warrior, from where are you receiving your spiritual instructions? Do you have someone that you can call on to mentor you in the ways of using the armor of God?

## SPIRITUAL COMBAT – *Episode Five: Put On The Armor of God*

**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. The Lord is a warrior. Put on the armor. Get in the fight.
2. Fix your eyes on the Lord!
3. Protect yourself. Put on the armor of God.

Complete your **Personal Action Item**. 

### **Scripture References**

Ephesians 6:13-19  
Matthew 4:1-11

Luke 4:1-13  
Colossians 4:2-6

### **Coaching Tips**

Satan is trying by every means to destroy you. As a Mother I warn you, let prayer be your weapon against him. A little spiritual emptiness in you is enough for Satan to work in you. I call you to place more blessed objects in your homes and on yourself. Bless the objects and Satan will attack you less, because you will have Armor against him. Put on the armor for battle and with the Rosary in your hand, defeat him. – *Our Lady of Medjugorje*

Prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry or recognition and of love embracing both trial and joy. – *Saint Theresa of Lisieux*

The Word of God has called us to be an alert and watchful people, standing ready, clothed in the very armor of Jesus Christ. You know ‘the time’ has come: you must wake up now. ... The night is almost over, it will be daylight soon. Let us live decently as people do in the daytime....no wrangling or jealousy. Let your armor be the Lord Jesus Christ. – *Saint Pope John Paul II, Australia, Nov. 30, 1986*

We know well, however, that is far from easy to live this call faithfully. In a certain sense, we need to wear armor to guard ourselves from the snares of the world. This is also specified in the Carmelite Rule: “your loins are to be girt with chastity, your breast fortified by holy meditations, for, as scripture has it, “holy meditation will save you””. Justice must be “your breastplate and it will enable you to love the Lord your God with all your heart and soul and strength, and your neighbor as yourself. Faith must be your shield on all occasions, and with it you will be able to quench all the flaming missiles of the wicked one” (n. 19). And, further, “The sword of the Spirit, the Word of God, must abound in your mouths and hearts. Do all that you have to do in the Name of the Lord”. - *Pope Benedict XVI, August 14, 2007, Letter to the Friars of Mount Carmel*

### **Catechism Connection**

**2559** “Prayer is the raising of one’s mind and heart to God or the requesting of good things from God.” But when we pray, do we speak from the height of our pride and will, or “out of the depths” of a humble and contrite heart? He who humbles himself will be exalted; humility is the foundation of prayer. Only when we humbly acknowledge that “we do not know how to pray as we ought,” are we ready to receive freely the gift of prayer. “Man is a beggar before God.”

### **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...*

## 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?

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### **Pregame Film Study**

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**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...*

## SPIRITUAL COMBAT -- *Episode Seven: Discipline Your Body*



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

**Game Strategy** – We can't give in to our physical desires and expect to be healthy men. Every athlete must develop and exercise self control.

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. Read 1 Timothy 4:8. Taking care of your body does have some value, but the greatest value comes from taking care of your soul. Our bodies are temporal but our souls are spiritual. Jot down how much time you spend each day and/or week taking care of your body: eating, working out, grooming, looking and dressing sharp. These are just a few ideas. Now, how much time do you spend taking care of your soul?
2. We usually spend a disproportionate amount of time on the body, which guarantees to end upon death and hardly any time on the soul that lasts forever. Do you think that makes sense? How can you balance this out in your life?
3. There is nothing wrong with taking care of our body because it is a temple of the Holy Spirit. What are some particular desires and pleasures that you are having a hard time controlling? Why do you think that is so? How do you think that you can correct it?
4. Self-sacrifice seems to be lacking among individuals. What are some ways that you can begin to eliminate over-indulgence and begin to discipline yourself? (1 Corinthians 9:24-27, Luke 9:23)
5. What are some things that you can change in your life that will be more pleasing to God?
6. All of us seem to be preoccupied with our health, especially when we begin to age. Are you fearful of aging? Are you fearful of death? If so, why do you think that you are fearful? If not, why do you think that is so?
7. What are you doing to keep your physical body in shape? A physical workout plan is strongly recommended.

## SPIRITUAL COMBAT – *Episode Seven: Discipline Your Body*

**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. Start fasting.
2. Be a man of action.
3. 30/30 Plan

Complete your **Personal Action Item**. 

### **Scripture References**

Wisdom 9:15

Titus 3:3

1 Corinthians 9:23-27

1 Timothy 4:8

Luke 9:23

### **Coaching Tips**

“The Christian denies himself in things lawful because he is aware of his own weakness and liability to sin; he dares not walk on the edge of a precipice; instead of going to the extreme of what is allowable, he keeps at a distance from evil, that he may be safe. He abstains lest he should not be temperate; he fasts lest he should eat and drink with the drunken.” ~*Blessed John Henry Cardinal Newman, Sermon 7, Duty of Self Denial*

“I hope I have made it clear, by these instances, what is meant by Christian self-denial. If we have good health, and are in easy circumstances, let us beware of high-mindedness, self-sufficiency, self-conceit, arrogance; of delicacy of living, indulgences, luxuries, comforts. Nothing is so likely to corrupt our heart, and to seduce us from God, as to surround ourselves with comforts, - to have things our own way...”  
~*Blessed John Henry Cardinal Newman, Sermon 7, Duty of Self Denial*

### **Catechism Connection**

**2015** The way of perfection passes by way of the Cross. There is no holiness without renunciation and spiritual battle. Spiritual progress entails the asceticism and mortification that gradually lead to living in the peace and joy of the Beatitudes: He who climbs never stops going from beginning to beginning, through beginnings that have no end. He never stops desiring what he already knows.

**2516** Because man is a *composite being, spirit and body*, there already exists a certain tension in him; a certain struggle of tendencies between “spirit” and “flesh” develops. But in fact this struggle belongs to the heritage of sin. It is a consequence of sin and at the same time a confirmation of it. It is part of the daily experience of the spiritual battle: For the Apostle it is not a matter of despising and condemning the body which with the spiritual soul constitutes man’s nature and personal subjectivity. Rather, he is concerned with the morally *good* or *bad* works, or better, the permanent dispositions—virtues and vices—which are the fruit of *submission* (in the first case) or of *resistance* (in the second case) to *the saving action of the Holy Spirit*. For this reason the Apostle writes: “If we live by the Spirit, let us also walk by the Spirit.”

### **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...*

## SPIRITUAL COMBAT -- *Episode Eight: Victory Belongs to the Lord*



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

**Game Strategy** – Can we ever hope to win a spiritual battle much less the war?

Yes we can! The devil is powerful, but Satan can't hold a candle to God's grace!

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. Read John 16:33. Jesus tells us, "In the world we will have tribulations; but be of good cheer, I have overcome the world." What does this hopeful message mean to you? Read 2 Kings 6:14-17. How do these verses give you confidence and courage?
2. Society is heading in a direction that doesn't seem to reflect the notion that the victory belongs to the Lord. Do you agree or disagree with this statement and why?
3. This world seems to be falling apart morally, ethically, politically and spiritually. What can you do personally to strengthen yourself in these four areas? How can you mentor others, such as your family members, to strengthen themselves in these areas?
4. If victory belongs to the Lord, then we must become disciples of the Lord. Do you have a personal relationship with Jesus Christ? Explain. How do you follow the teachings of Jesus and His Holy Catholic Church?
5. Like Christ, we must experience crosses in our lives in order to attain the ultimate victory of the Resurrections. Cite an example of a time in your life where you were able to overcome a trial or tribulation through the grace of God.
6. When you experience success and victories, how do you show the Lord your appreciation?
7. Review all your lessons on Spiritual Combat. What is the greatest thing you have learned in all these lessons? How do you plan to implement what you have learned?

## SPIRITUAL COMBAT – *Episode Eight: Victory Belongs to the Lord*

**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. 2 Corinthians 4:16
2. God’s love is infinite. Responding to it is our greatest joy.
3. Victory is Eternal Life.

Complete your **Personal Action Item**. 

### **Scripture References**

John 16:33  
1 John 5:5  
1 John 5:11-12

2 Corinthians 4:16-17  
Romans 8:35-39  
2 Kings 6:14-17

### **Coaching Tips**

Let nothing trouble you,  
Let nothing frighten you.  
Everything passes,  
God never changes.  
Patience obtains all,  
Whoever has God wants for nothing.  
God alone is enough.

“Here I was taught by the grace of God that I should steadfastly keep me in the faith...and that at the same time I should take my stand on and earnestly believe in what our Lord shewed in this time – that ‘all manner (of) thing shall be well.’” - *Dame Julian of Norwich*

Virtue is nothing without the trial of temptation, for there is no conflict without an enemy, no victory without strife. - *Saint Leo the Great*

### **Catechism Connection**

**313** “We know that in everything God works for good for those who love him.” The constant witness of the saints confirms this truth: St. Catherine of Siena said to “those who are scandalized and rebel against what happens to them”: “Everything comes from love, all is ordained for the salvation of man, God does nothing without this goal in mind.” St. Thomas More, shortly before his martyrdom, consoled his daughter: “Nothing can come but that that God wills. And I make me very sure that whatsoever that be, seem it never so bad in sight, it shall indeed be the best.”

**314** We firmly believe that God is master of the world and of its history. But the ways of his providence are often unknown to us. Only at the end, when our partial knowledge ceases, when we see God “face to face,” will we fully know the ways by which—even through the dramas of evil and sin—God has guided his creation to that definitive Sabbath rest for which he created heaven and earth.

See Also: **222-227**.

### **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...*