



## ***“Scouting Combine”***

### **Spiritual Fitness Workout Format**

**(Individual)**

The CTG Scouting Combine Spiritual Fitness Workout is designed as an Individual Workout to be done on a weekly basis.

**Why workout spiritually?** Mt 26:40-41 When Jesus returned to his disciples he found them asleep. He said to Peter, "So you could not keep watch with me for one hour? The spirit is willing, but the flesh is weak."

Step 1 – Warm-up (5 minutes)

- Prayer - Kickoff by spending a couple of minutes in prayer asking the Holy Spirit to guide you through this Spiritual Fitness Workout.
- Action Item - (Accountability) Reflect for a minute or so on how you did or didn't do during the previous week with your action item.

Step 2 – Workout (25 minutes)

- View or listen to the Kickoff, Game Plan and Red Zone segments of the episode that you have chosen from the Content Line-up for this workout.

Step 3 - Reflection (25 minutes)

- Read and reflect on the Scriptures, Catechism and other references contained in the Workout Guide associated with the selected episode.
- Answer the workout questions included in the Workout Guide.

Step 4 - Action Item/Prayer (5 minutes)

- View or listen to the End Zone segment of the selected episode.
- Write down one personal action item you would like to accomplish before the next workout.
- Close with a prayer such as the Our Father, the Universal Prayer or the Saint Michael the Archangel prayer.

**Total time of the Spiritual Fitness Workout – 60 minutes.**

## PRACTICE

### Schedule:

- Make it a priority to keep your scheduled workout session once a week.
- Prepare by following closely the suggested daily spiritual training.

### Spiritual Training:

- Daily Prayer
  - Set aside 15 minutes each day for personal private prayer. (Gradually build up to 30 minutes).
  - Include 5 minutes in this time for reading of the Scriptures.
- Mass
  - Attend Mass each Sunday.
  - Prepare by reading the Scriptures prior to Mass (if married, with family).
  - Perform a private examination of conscience before attending Mass.
  - Daily Mass — Try to attend, if possible, once per month.
- Confession
  - Quarterly
  - As needed (if not in a state of grace)