



## ***"Team"***

### **Spiritual Fitness Workout (SFW) Meeting Format**

**(Team sizes: 2-5 or 6-10 Team Members)**

CTG recommends that a SFW (Team) begin by meeting bi-weekly.

**Why work out spiritually?** : Mt. 18:20 "For where two or three are gathered in my name, there am I in the midst of them."

Step 1 - Warm-up and Sharing (About 10 minutes)

- Prayer - Kickoff by spending a couple of minutes in prayer asking the Holy Spirit to guide the team through this SFW. Including a brief time for intercessory prayer.
- Life Sharing – The Coach invites each team member to share how things went personally and spiritually since the previous workout with a **focus** on his personal action item from the previous workout.

Step 2 - Huddle Discussion (About 45 minutes)

- The Coach leads the team in discussion of the episode by utilizing the Workout Questions downloaded from the website.
- Remember, we win or lose as a team. Your contributions in the "Huddle" discussion are important to our team success.

Step 3 - Action item/Prayer (About 5 minutes).

- Each team member takes a moment to silently write down one personal action item he would like to accomplish before the next workout.
- Close the meeting with a brief time of prayer led by one team member.

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

## PRACTICE

### Schedule:

- Make it a priority to attend all workout sessions.
- Pregame Film Study - Prepare for the next workout by viewing the selected episode and reflecting upon the workout questions and reference material provided in the Workout Guide downloaded from the website.

### 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).
  - Each evening do a quick review of your day with the help of the Holy Spirit.
  - Daily Mass — Try to attend, if possible, one other time during the week.
- Confession
  - Quarterly or Monthly