

## 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...*