



Workout Tracker

Power of the Spirit

Workout Sessions

Spirit of the Living God

Spirit of Truth

Salvation through the Spirit

Gifts and Fruits of the Spirit

Cooperate with the Spirit

Come Holy Spirit

Date Completed

Workout Teammates

Contact Information

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POWER OF THE SPIRIT – *Episode 1: Spirit of the Living God*



Team Member Name: _____ Date: _____

Game Strategy – The Spirit is alive in us men! We are all called to have a relationship with the Holy Spirit. He lifts us up into relationship with the Father and the Son.

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. If someone asked you, who is the Holy Spirit? What would your answer be? If they then asked you, what is the purpose or mission of the Holy Spirit? What would your answer be? (CCC 243-248)

2. We receive the Holy Spirit in the Sacraments of Baptism, (our gateway to life in the Spirit) and Confirmation, (sealed in the Spirit) but, for many, the Spirit lies dormant in our souls because we don't call upon him. How do you think that you could re-activate the power of the Holy Spirit within you? What do you think the benefits to you and others would be? Romans chapter 8 mentions the Holy Spirit more times than any chapter in the Bible, as it shows the absolute necessity of the Spirit. Circle every time the Spirit is mentioned.

3. Scriptures are the living Word of God. How do you think that a closer relationship with the Holy Spirit could better make the Word of God come more alive in your life? Give some examples.

4. The "Trinity" is the keystone to our Catholic Faith. What do you think the Holy Spirit's role is in this relationship? How do you think that the Holy Spirit can help you to improve your relationship with the Father and the Son? (CCC 249-260)

POWER OF THE SPIRIT - *Episode 1: Spirit of the Living 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. Have a committed daily prayer time.
2. Give the Holy Spirit permission to move in your life.
3. Find a prayer to the Holy Spirit that works for you and pray it.

Complete your **Personal Action Item**. 

Scripture References

John 6:63

Romans 8:1-39

1 Samuel 10:6

Mark 1:11

1 Timothy 4:10

2 Corinthians 3:17

Coaching Tips

Coming Soon!

The CTG Team is working on selecting material for this section.

Catechism Connection

243 Before his Passover, Jesus announced the sending of “another Paraclete” (Advocate), the Holy Spirit. At work since creation, having previously “spoken through the prophets,” the Spirit will now be with and in the disciples, to teach them and guide them “into all the truth.” The Holy Spirit is thus revealed as another divine person with Jesus and the Father.

244 The eternal origin of the Holy Spirit is revealed in his mission in time. The Spirit is sent to the apostles and to the Church both by the Father in the name of the Son, and by the Son in person, once he had returned to the Father. The sending of the person of the Spirit after Jesus’ glorification reveals in its fullness the mystery of the Holy Trinity.

249 From the beginning, the revealed truth of the Holy Trinity has been at the very root of the Church’s living faith, principally by means of Baptism. It finds its expression in the rule of baptismal faith, formulated in the preaching, catechesis, and prayer of the Church. Such formulations are already found in the apostolic writings, such as this salutation taken up in the Eucharistic liturgy: “The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.”

250 During the first centuries the Church sought to clarify its Trinitarian faith, both to deepen its own understanding of the faith and to defend it against the errors that were deforming it. This clarification was the work of the early councils, aided by the theological work of the Church Fathers and sustained by the Christian people’s sense of the faith.

See Also: **245-249, 251-260**

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...

POWER OF THE SPIRIT – *Episode 2: Spirit of Truth*



Team Member Name: _____ Date: _____

Game Strategy – When the Spirit of truth comes, He will guide you into all truth;
...He will declare to you the things that are to come. (John 16:13)

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 is the real TRUTH? How do you think we arrive at the real TRUTH? And, where is this TRUTH to be found? (CCC 144)
2. How can discovering the truth help you, with the guidance of the Spirit, to make positive changes in your life? If you had one area of your life that you would like to change, what would that be?
3. Can you recall a time or two when the Holy Spirit revealed some truth(s) about yourself that made you feel rather uncomfortable? Also, what about the time when the truth about yourself gave you peace and joy?
4. On occasions, we do not like to face the truth, so we suppress it deep in our being. Why do you think this is so? What do you think would be a better way of handling this situation?
5. 2 Cor 3:17 says, “Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.” This passage is full of hope. What is your interpretation of this Scripture passage?
6. Where would you direct people who were really searching for the “TRUTH”?

POWER OF THE SPIRIT - *Episode 2: Spirit of Truth*

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. Don't be afraid.
2. Trust the Lord to lead you into the destiny He made you for.
3. Kneel down now and pray "Jesus I want to know you more".

Complete your **Personal Action Item**. 

Scripture References

John 16:13

Ephesians 2:1-10

1 Kings 17:24

2 Corinthians 3:17

Coaching Tips

How do we receive the Spirit of Truth? We have to say yes to the light and truth that we receive and surrender to the truth we have heard.

We live in a culture of distraction. Be still and listen for the still small voice of the Holy Spirit.

The Spirit gives us power over the enemy. He gives us all that we need to do what He asks of us. Trust in Him!

Catechism Connection

144 To obey (from the Latin *ob-audire*, to "hear or listen to") in faith is to submit freely to the word that has been heard, because its truth is guaranteed by God, who is Truth itself. Abraham is the model of such obedience offered us by Sacred Scripture. The Virgin Mary is its most perfect embodiment.

214 God, "He who is," revealed himself to Israel as the one "abounding in steadfast love and faithfulness." These two terms express summarily the riches of the divine name. In all his works God displays not only his kindness, goodness, grace, and steadfast love, but also his trustworthiness, constancy, faithfulness, and truth. "I give thanks to your name for your steadfast love and your faithfulness." He is the Truth, for "God is light and in him there is no darkness"; "God is love," as the apostle John teaches.

215 "The sum of your word is truth; and every one of your righteous ordinances endures forever." "And now, O LORD God, you are God, and your words are true;" this is why God's promises always come true.³² God is Truth itself, whose words cannot deceive. This is why one can abandon oneself in full trust to the truth and faithfulness of his word in all things. The beginning of sin and of man's fall was due to a lie of the tempter who induced doubt of God's word, kindness, and faithfulness.

216 God's truth is his wisdom, which commands the whole created order and governs the world. God, who alone made heaven and earth, can alone impart true knowledge of every created thing in relation to himself.

217 God is also truthful when he reveals himself—the teaching that comes from God is "true instruction." When he sends his Son into the world it will be "to bear witness to the truth": "We know that the Son of God has come and has given us understanding, to know him who is true."

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...

POWER OF THE SPIRIT – *Episode 3: Salvation through the Spirit*



Team Member Name: _____ Date: _____

Game Strategy – God our Savior appeared, He saved us, not because of deed done by us in righteousness, but in virtue of His own mercy, by the washing of regeneration and renewal in the Holy Spirit which He poured out upon us. (Titus 3:4-6).

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 is your understanding of Eternal Salvation? How do you think you attain your salvation? Why did Jesus come to earth? (Acts 4:12)
2. In Matthew 7:13-14, Jesus speaks of “the narrow gate”. What is your understanding of this passage? Give an example of a time when you chose the narrow gate, even though it would have been easier to choose the wide gate.
3. Jesus instituted the Sacraments of Holy Eucharist (John 6:54) and Penance and Reconciliation (John 20:23) to help us strive to enter through the narrow gate. Why do you think these two sacraments are so important in your mission, to cross the goal into eternal salvation?
4. How have you responded to God’s mercy by the way you live out your spiritual life? Do you feel you are on the right track? Why or why not?
5. At the moment of death, every person will undergo a “Particular Judgment” (CCC 1021, 1022), and at the second coming of Christ, everyone will go through a General Judgment (CCC 104, 1052). Please review the Judgment in the Catechism. What particular points stood out for you in each of these Judgments? In what particular areas of your life are you prepared to meet the Lord? What areas need some improvement?

POWER OF THE SPIRIT - *Episode 3: Salvation through the Spirit*

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. Wake up! This is the time.
2. Jesus knows your heart. He desires to be with you forever.
3. Kneel down and pray, “Lord have mercy on me, a sinner”.

Complete your **Personal Action Item**. 

Scripture References

Ephesians 1:13-14
John 6:54
John 20:23
Acts 4:12

Matthew 7:13-14
Titus 3:4-7
Romans 8:15-16

Coaching Tips

Coming Soon!

The CTG Team is working on selecting material for this section.

Catechism Connection

104 In Sacred Scripture, the Church constantly finds her nourishment and her strength, for she welcomes it not as a human word, “but as what it really is, the word of God.” “In the sacred books, the Father who is in heaven comes lovingly to meet his children, and talks with them.”

1052 “We believe that the souls of all who die in Christ’s grace... are the People of God beyond death. On the day of resurrection, death will be definitively conquered, when these souls will be reunited with their bodies” (Paul VI)

1021 Death puts an end to human life as the time open to either accepting or rejecting the divine grace manifested in Christ. The New Testament speaks of judgment primarily in its aspect of the final encounter with Christ in his second coming, but also repeatedly affirms that each will be rewarded immediately after death in accordance with his works and faith. The parable of the poor man Lazarus and the words of Christ on the cross to the good thief, as well as other New Testament texts speak of a final destiny of the soul—a destiny which can be different for some and for others.

1022 Each man receives his eternal retribution in his immortal soul at the very moment of his death, in a particular judgment that refers his life to Christ: either entrance into the blessedness of heaven—through a purification or immediately,—or immediate and everlasting damnation.

At the evening of life, we shall be judged on our love. (St. John of the Cross)

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...

POWER OF THE SPIRIT – *Episode 4: Gifts and Fruits of the Spirit*



Team Member Name: _____ Date: _____

Game Strategy – We are each given gifts through the Holy Spirit which we are meant to use in service to others. In so doing we receive the fruits of the Spirit in our own lives.

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 Holy Spirit bestows on each of us special spiritual gifts. Read 1 Cor 12:4-11 concerning these gifts. What do you think is the purpose of these gifts? How do you think that you can be more open to receiving these gifts?
2. What gift(s) do you think that the Holy Spirit has given especially to you? In what ways can you better develop them?
3. How can you utilize these gifts for your best interest and the interest of others?
4. Gal 5:22-23 mentions the fruits of the Spirit. As you read through this list of fruits, what do you think that they all have in common? Why do you think that's so?
5. Which of these fruits stand out to you? Which ones do you think you possess? Which of your fruits do you need to improve on?
6. How do you think God wants you to develop these fruits? How do you know that you are bearing fruit?

POWER OF THE SPIRIT - *Episode 4: Gifts and Fruits of the Spirit*

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. How much time are you giving to the Lord?.
2. Spend time in prayer asking the Lord to show you your gifts..
3. Accept the reality of what God is doing in your life and activate your gifts to build the up the Body of Christ..

Complete your **Personal Action Item**. 

Scripture References

1 Corinthians 12:1-11

Isaiah 11:2

Galatians 5:22-23

1 Corinthians 12:31

Coaching Tips

Are we not wealthy if the Lord has blessed us with something we can share with others? ~ *Howard W. Hunter*

When we surrender ourselves to God, the gifts that He has given us produce the fruit of love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control.

Catechism Connection

799 Whether extraordinary or simple and humble, charisms are graces of the Holy Spirit which directly or indirectly benefit the Church, ordered as they are to her building up, to the good of men, and to the needs of the world.

800 Charisms are to be accepted with gratitude by the person who receives them and by all members of the Church as well. They are a wonderfully rich grace for the apostolic vitality and for the holiness of the entire Body of Christ, provided they really are genuine gifts of the Holy Spirit and are used in full conformity with authentic promptings of this same Spirit, that is, in keeping with charity, the true measure of all charisms.

For more on the *Gifts of the Spirit*, See Also: **798, 801, 1971, 1988, 2003-2004**

735 He, then, gives us the “pledge” or “first fruits” of our inheritance: the very life of the Holy Trinity, which is to love as “God [has] loved us.” This love (the “charity” of *1 Cor* 13) is the source of the new life in Christ, made possible because we have received “power” from the Holy Spirit.

736 By this power of the Spirit, God’s children can bear much fruit. He who has grafted us onto the true vine will make us bear “the fruit of the Spirit:... love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.” “We live by the Spirit”; the more we renounce ourselves, the more we “walk by the Spirit.”

Through the Holy Spirit we are restored to paradise, led back to the Kingdom of heaven, and adopted as children, given confidence to call God “Father” and to share in Christ’s grace, called children of light and given a share in eternal glory.

For more on the *Fruits of the Spirit*, See Also: **1108, 1695, 1830-1832, 2345**

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...

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 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?

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

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...

POWER OF THE SPIRIT – Episode 6: Come Holy Spirit



Team Member Name: _____ Date: _____

Game Strategy – We are filled with the Holy Spirit and have been given power to perform all that we are asked to do. Come Holy Spirit, fill us with the fire of Your love!

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. Read Acts 2:1-4. As you reflect on this Scripture passage, when the Holy Spirit, at Pentecost, came down upon the Apostles like a mighty wind and they all were filled with the Holy Spirit, how do you think that this passage applies to you in your life, here and now?
2. Pope Benedict XVI Angelus Message of May 11, 2008: “Today I would like to extend this invitation to everyone: Let us rediscover, dear brothers and sisters, the beauty of being baptized in the Holy Spirit.” Design a short prayer, asking the Holy Spirit to renew your body, mind, and soul.
3. Give some specific ways that the Holy Spirit can guide you to make changes in the following:
 - 1) Your prayer life
 - 2) Closer personal relationship with Jesus
 - 3) Deeper understanding of the Scriptures
 - 4) To empower you to boldly proclaim your faith to others
 - 5) To encourage you to continue attending CTG workouts
4. Give some specific ways the Holy Spirit can help you to live a holier life in the following areas:
 - 1) To break serious sin
 - 2) To overcome character flaws and “pet sins”.
 - 3) To change your approach to the sacraments and your preparation and participation in Mass
 - 4) A greater desire to learn what the Church teaches
5. Receiving the outpouring of the Holy Spirit is only a beginning. Now you need to grow in the life of the Spirit. The basic means of growth that the team discussed fell into four categories: **Prayer; Study; Service** and **Fellowship**. Give a brief explanation of your understanding of each of these categories. How do you or would you put each of these into practice on a regular basis?

POWER OF THE SPIRIT - *Episode 6: Come Holy Spirit*

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. Commit a specific amount of time every day to prayer and study of the Scriptures.
2. Begin serving others. Start in your own family.
3. Be in community. Continue walking with other brothers in Christ in a small group.

Complete your **Personal Action Item**. 

Scripture References

Acts 2:1-4

More Coming Soon!

The CTG Team is working on selecting material for this section.

Coaching Tips

Ignorance of scripture is ignorance of Christ. ~ *St. Jerome*

More Coming Soon!

The CTG Team is working on selecting material for this section.

Catechism Connection

700 *The finger.* “It is by the finger of God that [Jesus] cast out demons.”⁵⁵ If God’s law was written on tablets of stone “by the finger of God,” then the “letter from Christ” entrusted to the care of the apostles, is written “with the Spirit of the living God, not on tablets of stone, but on tablets of human hearts.”⁵⁶ The hymn *Veni Creator Spiritus* invokes the Holy Spirit as the “*finger of the Father’s right hand.*”

More Coming Soon!

The CTG Team is working on selecting material for this section.

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...