

**ECHO+ COMMUNITY**  
**YOUNG ADULT OUTREACH**  
**SPIRITUAL FITNESS WORKOUTS**

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Men, here is the bottom line, God needs us to be disciples of our faith today more than ever – ordinary people like you and me whom God can use to do extraordinary things.

You may think that the term “disciple” refers only to the early followers of Christ. Jesus instructed the apostles (Matthew 28:19) to “go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit.

Empowered and motivated by the Holy Spirit – they turned the world upside down in His name. **They were on fire with His message.** Now it is our turn. God needs us to continue this work.

To be a disciple, means we are **called to accept Jesus’ challenge** to a new way of life – **to live a life fully alive.** That means a life built upon a personal relationship with Jesus; allowing ourselves **to be transformed through the power of His Spirit.**

We all long for authentic freedom that sets us free from the chaos in the world, in our relationships, and in our hearts. Real discipleship demands the humility **to be part of a community** of fellow believers who experience and share the acts of love that make life worth living authentically free.

With the power of the Holy Spirit, come walk with us on your faith journey. It does not matter **whether it is your first step or you have traveled many miles,** we will help you walk closer to the life Jesus calls us to live.

## SPIRITUAL FITNESS WORKOUT (SFW) - TEAM MODEL

### SPIRITUAL FITNESS WORKOUT (SFW) MEETING FORMAT

(Team sizes: 4-6 Team Members | 8 max)

The Echo Community Young Adult Outreach recommends that a SFW Team start by meeting twice a month during the first & third or second & fourth weeks.

### START ON TIME

#### 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 & Action item 10min.(max)

- **Introductions** - If there are any new members to the team, take a brief moment to introduce them to the team. If needed, give them a very short explanation of SFW.
- **Pray** - 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.
- **Action item** - The leader invites each team member to share how things went personally and spiritually concerning his **personal action item** from the previous week.

#### Step 2: Huddle Discussion ~45min.

- The leader leads the team in discussion of the episode by utilizing the Warm-up & Workout Questions.
- Remember, we are only as strong as our weakest member. Your contributions in the “Huddle” discussions are important to our team’s success.

#### Step 3: Action item/Prayer 5min.(max)

- 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 the SFW closing prayer led by one team member.

#### Total time of the SFW 60min.(max)

NOTE: It is critically important that the SFWs always start on time and end on time. **Men will stop coming if they do not.** If men like to socialize then encouraging them to show up early and socializing before the workouts start is a good idea. However, when the agreed upon time to start the workouts arrives, start the workouts.

### END ON TIME

## PRACTICING SPIRITUAL GROWTH

### Prioritize

- Make the SFW and the men in your team a priority
- Be at every workout session unless an honest emergency occurs
- Prepare for the workout by viewing or listening to the episode, reflecting upon the workout questions, and reference materials provided in the workbook.
  - Be prepared, don't show up and speak off the top of your head - respect the men you are journeying with
- Personally commit to the training habits listed below

### Train

- Daily Prayer
  - Set aside 15 minutes each day for personal private prayer, and gradually build up to 30 minutes
  - Use the scriptures and catechism references in the SFW for the coming meeting as your guide
- Mass
  - Attend Mass every Sunday
  - Prepare by reading the Scriptures prior to Mass, if you are married do this with your family
  - Each evening do a review of your day, ask the Holy Spirit to show you where you were pleasing to the Lord, then ask the Holy Spirit to show you where you came up short...**resolve to do better the next day**
  - Daily Mass, try to attend Mass, if possible, one other time during the week
- Confession
  - Go to confession once a month, or at least once a quarter
- Rosary
  - Commit to praying the rosary at least 3 times per week
- Eucharistic Adoration
  - Commit to going to Eucharistic Adoration 2 times a month, if you are married take your family with you one of these times each month
- Fast or Abstain
  - Chose one day a week, possibly as an SFW team, to fast or abstain from something i.e. meat, a meal, desserts, TV, social media, or **video games**

## TIPS FOR DAYS BETWEEN WORKOUTS

### WEEK 1:

- Pray with the scriptures from the the previous week's workout PREPARATION
- Reflect on the CCC paragraphs from the previous week's workout PREPARATION
- Pray and meditate on what the Lord is saying to you through this and what was said in the SFW. Focus, each day, on the PERSONAL ACTION ITEM you wrote down.

### WEEK 2:

- Prepare by watching or listening to the episode for the upcoming workout
  - Pray with the scriptures from the upcoming workout in the PREPARATION
  - Reflect on the CCC paragraphs from the upcoming workout in the PREPARATION
  - Answer the SFW QUESTIONS
  - Pray and meditate on what the Lord is saying to you through this and what was said in the episode. **Continue** to focus, each day, on the PERSONAL ACTION ITEM you wrote down from the previous workout.
- 
- 1% of our 24-hour day is 15 minutes. Can you give 1% to the Lord?
  - Find a place that is quiet, orderly, comfortable, and separated from all distractions when giving your 1%

## Huddle Tips for SFW Team Model

- Create a “secure environment.” Everything said in the team stays in the team and is held in **STRICT CONFIDENCE**.
- Keep everything moving, if the discussion lags, move onto the next question.
- Stay on the subject at hand - don't get off-base, redirect as needed.
- Don't allow one person to dominate the sharing (including yourself).
  - You must kindly interrupt so that you can move on.
- Gently invite everyone to participate in the discussion, including those who are quiet. Everyone's contributions in the team discussions are important to the team's success.
- **Listen!** Be attentive to what is being said. All cell phones should be left out of the room or turned off
- You don't need to comment on the men's answers to the discussion questions.
- All members, and their sharing, are of equal value - no gurus.
- Refer to the Catechism of the Catholic Church (CCC) for answers regarding Church teaching. **DO NOT GUESS!**
- Discussion of public figures and issues should be discouraged, these workouts are not a debating session.
- Discussion of Church figures and issues should be discouraged.
- Personal counseling during the meetings should be avoided.
- Personal experiences can be shared but any major issues should be handled outside of the meeting.
- Sensitive and difficult disclosures and sharing can be followed by taking time to pray
- **Be sensitive to the movement of the Holy Spirit and follow that movement.**

## SPIRITUAL FITNESS WORKOUT (SFW) - INDIVIDUAL MODEL

The Echo Community Young Adult Outreach “Individual” SFW is designed as a personal 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 ~5min.

- **Prayer** - Kickoff by spending a couple of minutes in prayer asking the Holy Spirit to guide you through this Spiritual Fitness Workout
- **Action Item** - Your moment for self-accountability, reflect for a minute or so on how you did or did not do during the previous week with your action item.

#### Step 2: Workout ~25min.

- View or listen to the next episode.

#### Step 3: Reflection ~25min.

- Read and reflect on the Scriptures, Catechism, and other references contained in the workbook for the episode you completed in step 2 above.
- Answer the warm-up & workout questions in the workbook.

#### Step 4: Action Item & Prayer ~5min.

- Write down **one** personal action item you would like to accomplish before the next workout.
- Close with the SFW closing prayer and intercessory prayer

**Total time of the SFW ~60min(max).**



## PRACTICING SPIRITUAL GROWTH

### Prioritize

- Make it a priority to keep your scheduled workout session once a week. Don't cheat yourself, but if a true emergency arises get back on track as soon as possible.
- Prepare by following closely the suggested training habits below

### Train

- Daily Prayer
  - Set aside 15 minutes each day for personal private prayer, and gradually build up to 30 minutes
  - Use the scriptures and catechism references in the SFW you are doing for the week
- Mass
  - Attend Mass every Sunday
  - Prepare by reading the Scriptures prior to Mass, if you are married do this with your family
  - Each evening do a review of your day, ask the Holy Spirit to show you where you were pleasing to the Lord, then ask the Holy Spirit to show you where you came up short...resolve to do better the next day
  - Daily Mass, try to attend Mass, if possible, one other time during the week
- Confession
  - Go to confession once a month, or at least once a quarter
- Rosary
  - Commit to praying the rosary at least 3 times per week
- Eucharistic Adoration
  - Commit to going to Eucharistic Adoration 2 times per month, if you are married take your family with you one of these times each month
- Fast or Abstain
  - Chose one day a week to fast or abstain from something i.e. meat, a meal, desserts, TV, social media, or **video games**

## TIPS FOR SFW INDIVIDUAL MODEL

- Set a specific day and time for your weekly workout.
- Find a specific quiet and private place to do your workout.
- Be consistent - keep your workout appointment every week.
- Commit to follow the “Individual” workout model faithfully.
- Follow the content lineup for Season One.
- View or listen to series episodes on the Echo Community website
- Download the workbook containing questions and reference materials for the series episodes on the Echo Community website
- Reflect upon the workout questions and reference material from the Workout Guide during your workout.
- Keep your downloaded workbook in a binder or folder
- Write down your **action item** each workout and keep notes on your progress.
- Make a concerted effort to accomplish your action item before the next workout.
- Focus on your spiritual training between workouts.

## WANT TO START A GROUP?

**We strongly believe that community is vital to our individual growth. As soon as possible, join or start a SFW Team. We can help you do that, reach out to the Echo Community Young Adult Outreach for help.**

# **SERIES 1: OUR FATHER**

## Our Father | Episode 1: Our Father Who Art in Heaven

### PREPARATION

How do you relate to your earthly father? Do you even know him? In the Lord's Prayer, Jesus invites us to call His Father, Our Father. Who is the Father of ours who art in heaven?

Be prepared for our SFW by completing the steps below and reviewing the Warm-up and Workout Questions – our SFW is vital to our team's success. Remember, we are only as strong as our weakest member.

1. **Before** our SFW Team meeting, watch or listen to Our Father | Episode 1: Our Father Who Art in Heaven.
  - o <https://www.ewtn.com/tv/show-items/our-father-415>
2. Choose at least one of the tips from the **End Zone** section of the episode to reflect on or take action on **before** our SFW Team meeting.
  - o Read the Passion of Jesus Christ in the Gospels, and ask Jesus to, "show me the Father."
  - o Our relationship with the Father is the most important aspect of our lives, without Him we are a failure...reflect on your relationship with our Father.
  - o Read and contemplate Psalm 139.
3. **Before** our SFW Team meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

Matthew 6:9-13

Luke 11:1-4

John 14:7-10

Hebrews 12:1-2

Matthew 4:4

Luke 15:11-32

Psalm 139

Psalm 103:1-5

4. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW Team meeting.
  - o **2786** "Our" Father refers to God. The adjective, as used by us, does not express possession, but an entirely new relationship with God.
  - o **2789** When we pray to "our" Father, we personally address the Father of our Lord Jesus Christ. By doing so we do not divide the Godhead, since the Father is its "source and origin," but rather confess that the Son is eternally begotten by him and the Holy Spirit proceeds from him. We are not confusing the persons, for we confess that our communion is with the Father and his Son, Jesus Christ, in their one Holy Spirit. The *Holy Trinity* is consubstantial and indivisible. When we pray to the Father, we adore and glorify him together with the Son and the Holy Spirit.

### PREPARATION CONT.

- **2797** Simple and faithful trust, humble and joyous assurance are the proper dispositions for one who prays the Our Father
- **2802** “Who art in heaven” does not refer to a place but to God’s majesty and his presence in the hearts of the just. Heaven, the Father’s house, is the true homeland toward which we are heading and to which, already, we belong.
- See Also: **2787, 2788, 2790-2796, 2798-2801**

“I invite you also, together with the whole Church, to turn towards God the Father and to listen with gratitude and wonder to the amazing revelation of Jesus: ‘The Father loves you!’” - **St. JP2**

“To pray the Our Father we have to have a heart at peace with our brothers. We don’t pray ‘my Father,’ but ‘our Father,’ because we are not an only child, none of us are.” - **Pope Francis**

#### SPIRITUAL FITNESS WORKOUT QUESTIONS

##### Warm-up Question:

What particular point(s) caught your attention the most in this episode?

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##### Workout Questions:

1. How does the image of Jesus on the Cross reveal the Father’s love? (John 3:16, 1 John 4:9, Romans 5:9)

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2. What can you learn from Jesus’ relationship with His Father? (Matthew 11:27, John 12:49-50, John 15:9)

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3. Name some of the times in your life that God the Father has blessed you. (Psalm 103:1-5)

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#### SPIRITUAL FITNESS WORKOUT QUESTIONS CONT.

4. How do you show God the Father your appreciation?

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5. Danny mentioned that he chose the wrong road on many occasions that offended the Father. Share a particular occasion when you offended the Father through a poor decision.

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6. Name at least one time where your earthly father has been a blessing to you. When has he been a disappointment to you?

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7. Name at least one time when being a father has blessed you. If you are not a father, when have you been a blessing to someone else?

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PERSONAL ACTION ITEM:

Take the last few minutes of your SFW to come up with a **personal action item** you will work on between now and the next SFW.

*I commit to becoming spiritually fit by*

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CLOSING PRAYER

Lord, I give myself to you now and always.  
I am prepared to defend all you entrust to me.

With the belt of truth, breastplate of righteousness, boots of the gospel of peace, shield of faith, helmet of salvation, and the sword of the Spirit I will contend against the spiritual hosts of wickedness – And I will fear no evil.

Amen.

## Our Father | Episode 2: Hallowed Be Thy Name

### PREPARATION

We think we know God guys, but do we honor Him? It's the first petition Jesus teaches us in the Our Father. Empowerment to bring honor to His Father. Why must we keep the name of the Lord holy?

Be prepared for our SFW by completing the steps below and reviewing the Warm-up and Workout Questions – our SFW is vital to our team's success. Remember, we are only as strong as our weakest member.

1. **Before** our SFW Team meeting, watch or listen to Our Father | Episode 2: Hallowed Be Thy Name.
  - o <https://www.ewtn.com/tv/show-items/our-father-415>
2. Choose at least one of the tips from the **End Zone** section of the episode to reflect on or take action on **before** our SFW Team meeting.
  - o Examine your heart. Stand up and honor the Lord and His Name.
  - o Commit to not use the Lord's name in vain. Read **CCC 2666**.
  - o Reflect on your blessings and how you have hurt Him.
3. **Before** our SFW Team meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

Exodus 20:7

Proverbs 1:7

Romans 1:16-19

John 3:19-20

2 Corinthians 4:3-4

1 Corinthians 15:58

4. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW Team meeting.
  - o **2807** The term “to hallow” is to be understood here not primarily in its causative sense (only God hallows, makes holy), but above all in an evaluative sense: to recognize as holy, to treat in a holy way. And so, in adoration, this invocation is sometimes understood as praise and thanksgiving. But this petition is here taught to us by Jesus as an optative: a petition, a desire, and an expectation in which God and man are involved. Beginning with this first petition to our Father, we are immersed in the innermost mystery of his Godhead and the drama of the salvation of our humanity. Asking the Father that his name be made holy draws us into his plan of loving kindness for the fullness of time, “according to his purpose which he set forth in Christ,” that we might “be holy and blameless before him in love.”

PREPARATION CONT.

- **2808** In the decisive moments of his economy God reveals his name, but he does so by accomplishing his work. This work, then, is realized for us and in us only if his name is hallowed by us and in us.
- **2815** This petition embodies all the others. Like the six petitions that follow, it is fulfilled by the prayer of Christ. Prayer to our Father is our prayer, if it is prayed in the name of Jesus. In his priestly prayer, Jesus asks: “Holy Father, protect in your name those whom you have given me.”
- See Also: **2809-2814**

“If not me, then who? If not now, then when?” - **Danny Abramowicz**

SPIRITUAL FITNESS WORKOUT QUESTIONS

**Warm-up Question:**

What particular point(s) caught your attention the most in this episode?

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**Workout Questions:**

1. Why do you think so many people in our society today reject the name of the Lord?  
Read John 3:19-20 and 2 Cor 4:3-4 and discuss

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2. Consider the honor we give to athletes, movie and rock stars, politicians, etc. On the other hand, how much honor and respect do we give to God? How would you rate yourself in this category?

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3. Give some examples of how you hallow God’s name not only by your words but also by your actions.

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SPIRITUAL FITNESS WORKOUT QUESTIONS CONT.

4. Think of the most recent times that you took God's name in vain. What caused you to do this? (Ex. Anger, etc.)

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5. When you hear someone in your company take the name of God in vain, what is your reaction?

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6. If our society is becoming more and more hostile to the name of the Lord and Christians in general, what should your response to this be as a man of God? (1 Cor 15:58, CCC 2148).

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PERSONAL ACTION ITEM:

Take the last few minutes of your SFW to come up with a **personal action item** you will work on between now and the next SFW.

*I commit to becoming spiritually fit by*

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CLOSING PRAYER

Lord, I give myself to you now and always.  
I am prepared to defend all you entrust to me.

With the belt of truth, breastplate of righteousness, boots of the gospel of peace, shield of faith, helmet of salvation, and the sword of the Spirit I will contend against the spiritual hosts of wickedness – And I will fear no evil.

Amen.

## Our Father | Episode 3: Thy Kingdom Come

### PREPARATION

We call our home our castle. That would make the present day world our acknowledged kingdom, but there is going to be an end to all of this. Are we living our lives for the Kingdom to come? Our decision has eternal consequences.

Be prepared for our SFW by completing the steps below and reviewing the Warm-up and Workout Questions – our SFW is vital to our team’s success. Remember, we are only as strong as our weakest member.

1. **Before** our SFW Team meeting, watch or listen to Our Father | Episode 3: Thy Kingdom Come
  - o <https://www.ewtn.com/tv/show-items/our-father-415>
2. Choose at least one of the tips from the **End Zone** section of the episode to reflect on or take action on **before** our SFW Team meeting.
  - o The war is over. With Jesus the battle is won. He is alive in you and will lead you to freedom.
  - o We were made to be men of action. The kingdom needs warriors.
  - o What’s your choice? Heaven or eternal damnation? We choose.
3. **Before** our SFW Team meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

Ephesians 6:12

Joshua 24:15

John 1:3-5

John 16:32-33

1 Corinthians 15:55-58

Matthew 7:21-23

1 John 2:15-17

Matthew 6:33

Galatians 5:19-21

4. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW Team meeting.
  - o **2818** In the Lord’s Prayer, “thy kingdom come” refers primarily to the final coming of the reign of God through Christ’s return. But, far from distracting the Church from her mission in this present world, this desire commits her to it all the more strongly. Since Pentecost, the coming of that Reign is the work of the Spirit of the Lord who “complete[s] his work on earth and brings us the fullness of grace.”

PREPARATION CONT.

- **2820** By a discernment according to the Spirit, Christians have to distinguish between the growth of the Reign of God and the progress of the culture and society in which they are involved. This distinction is not a separation. Man's vocation to eternal life does not suppress, but actually reinforces, his duty to put into action in this world the energies and means received from the Creator to serve justice and peace.
- **2821** This petition is taken up and granted in the prayer of Jesus which is present and effective in the Eucharist; it bears its fruit in new life in keeping with the Beatitudes.
- See Also: **2816, 2817, 2819**

“To keep a lamp burning we have to keep putting oil in it.” – **St. Teresa of Calcutta**

SPIRITUAL FITNESS WORKOUT QUESTIONS

**Warm-up Question:**

What particular point(s) caught your attention the most in this episode?

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**Workout Questions:**

1. What is the difference between the “kingdom of this world” and the “Kingdom of God?”

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2. Jesus tells us in scripture that the Kingdom of God will last forever. What is your understanding of eternity (forever)?

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3. What does it mean to “Plant the flag of the Kingdom of Christ in our hearts?”

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4. What are some of the obstacles in your life that are preventing you from following the “Kingdom of God?” (Galatians 5:19-12)

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SPIRITUAL FITNESS WORKOUT QUESTIONS CONT.

5. John the Baptist came to prepare the people to receive the Kingdom of God. Identify one way you can bring the Kingdom of God into your home – into your workplace.

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6. Name one area in your life that you have difficulty surrendering to the Lordship of Jesus.

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PERSONAL ACTION ITEM:

Take the last few minutes of your SFW to come up with a **personal action item** you will work on between now and the next SFW.

*I commit to becoming spiritually fit by*

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CLOSING PRAYER

Lord, I give myself to you now and always.  
I am prepared to defend all you entrust to me.

With the belt of truth, breastplate of righteousness, boots of the gospel of peace, shield of faith, helmet of salvation, and the sword of the Spirit I will contend against the spiritual hosts of wickedness – And I will fear no evil.

Amen.

## Our Father | Episode 4: Thy Will Be Done

### PREPARATION

Is our will on a collision course with God's will? How do we even know what His will is for us?

Be prepared for our SFW by completing the steps below and reviewing the Warm-up and Workout Questions – our SFW is vital to our team's success. Remember, we are only as strong as our weakest member.

1. **Before** our SFW Team meeting, watch or listen to Our Father | Episode 4: Thy Will Be Done.
  - o <https://www.ewtn.com/tv/show-items/our-father-415>
2. Choose at least one of the tips from the **End Zone** section of the episode to reflect on or take action on **before** our SFW Team meeting.
  - o Are you doing God's will? Review how you spend money.
  - o Direct your frustrations and passions toward building the Kingdom of God.
  - o Jesus is the way, the truth and the life. Follow Him!
3. **Before** our SFW Team meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

Matthew 26:39  
Mark 14:36  
Luke 22:42  
John 17:9-11

John 5:30  
Romans 12:2  
Ephesians 5:17-32  
1 Thessalonians 4:3

4. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW Team meeting.
  - o **2759** Jesus “was praying at a certain place, and when he ceased, one of his disciples said to him, ‘Lord, teach us to pray, as John taught his disciples.’” In response to this request the Lord entrusts to his disciples and to his Church the fundamental Christian prayer. St. Luke presents a brief text of five petitions, while St. Matthew gives a more developed version of seven petitions. The liturgical tradition of the Church has retained St. Matthew's text.
  - o **2822** Our Father “desires all men to be saved and to come to the knowledge of the truth.” He “is forbearing toward you, not wishing that any should perish.” His commandment is “that you love one another; even as I have loved you, that you also love one another.” This commandment summarizes all the others and expresses his entire will.

PREPARATION CONT.

- **2826** By prayer we can discern “what is the will of God” and obtain the endurance to do it. Jesus teaches us that one enters the kingdom of heaven not by speaking words, but by doing “the will of my Father in heaven.”
- See Also: **2823 - 2825, 2827**

“You know well enough that Our Lord does not look so much at the greatness of our actions, nor even at their difficulty, but at the love with which we do them.” – **St. Therese of Lisieux**

“Lord, grant that I might not so much seek to be loved as to love.” – **St. Francis of Assisi**

SPIRITUAL FITNESS WORKOUT QUESTIONS

**Warm-up Question:**

What particular point(s) caught your attention the most in this episode?

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**Workout Questions:**

1. “Thy will be done” involves trusting the Lord more than ourselves. In what areas of your life do you have the most difficulty trusting the Lord?

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2. It is hard to hear the Lord when we are surrounded by noise. What are your favorite places to go and spend quiet time?

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3. Throughout history, the Saints have listened and followed the will of God. Share a favorite story of when a Saint followed the will of God.

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4. Think back to a time when God’s will was obvious in your life. Share this story with your brothers in Christ.

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SPIRITUAL FITNESS WORKOUT QUESTIONS CONT.

5. How do you think that you can determine if you are actually doing the will of God? See Ephesians 5:17-32

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6. Who in your family needs most to hear the Good News? What can you do to share God's love with them?

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PERSONAL ACTION ITEM:

Take the last few minutes of your SFW to come up with a **personal action item** you will work on between now and the next SFW.

*I commit to becoming spiritually fit by*

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CLOSING PRAYER

Lord, I give myself to you now and always.  
I am prepared to defend all you entrust to me.

With the belt of truth, breastplate of righteousness, boots of the gospel of peace, shield of faith, helmet of salvation, and the sword of the Spirit I will contend against the spiritual hosts of wickedness – And I will fear no evil.

Amen.

## Our Father | Episode 5: Give Us This Day Our Daily Bread

### PREPARATION

We can feel all kinds of anxiety about our investments, work, family issues, kids; you name it, but Jesus shows us to be anxious for nothing, to trust the Father for everything, just for today.

Be prepared for our SFW by completing the steps below and reviewing the Warm-up and Workout Questions – our SFW is vital to our team's success. Remember, we are only as strong as our weakest member.

1. **Before** our SFW Team meeting, watch or listen to Our Father | Episode 5: Give Us This Day Our Daily Bread
  - o <https://www.ewtn.com/tv/show-items/our-father-415>
2. Choose at least one of the tips from the **End Zone** section of the episode to reflect on or take action on **before** our SFW Team meeting.
  - o Seek first the Kingdom of God.
  - o Be fed on a daily basis. Make God first.
  - o Trust in the Lord. He will supply your daily needs.
3. **Before** our SFW Team meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

Matthew 6:11  
John 6:26-36  
Job 1:1-22

Philippians 4:12-13  
1 Timothy 6:6-10  
Malachi 3:7-12

4. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW Team meeting.
  - o **2828** "Give us": The trust of children who look to their Father for everything is beautiful. "He makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust." He gives to all the living "their food in due season." Jesus teaches us this petition, because it glorifies our Father by acknowledging how good he is, beyond all goodness.
  - o **2830** "Our bread": The Father who gives us life cannot not but give us the nourishment life requires - all appropriate goods and blessings, both material and spiritual. In the Sermon on the Mount, Jesus insists on the filial trust that cooperates with our Father's providence. He is not inviting us to idleness, but wants to relieve us from nagging worry and preoccupation. Such is the filial surrender of the children of God:

### PREPARATION CONT.



- **2833** "Our" bread is the "one" loaf for the "many." In the Beatitudes "poverty" is the virtue of sharing: it calls us to communicate and share both material and spiritual goods, not by coercion but out of love, so that the abundance of some may remedy the needs of others.
- **2837** [...]The Eucharist is our daily bread. [...] This also is our daily bread: the readings you hear each day in church and the hymns you hear and sing. All these are necessities for our pilgrimage.
- See Also: **2829, 2831-2832, 2834-2837**

“Seeking happiness in material things is a sure way of being unhappy.” - **Pope Francis**

The mission of the Holy Angels with respect to our daily bread is threefold: (1) Their solicitude for our temporal needs as stewards of the material creation; (2) their mission as guides in the spiritual life; (3) their liturgical offices as friends and ministers of the Bridegroom of our souls. St. Ambrose teaches: "when the Body of Christ is present, it is not to be doubted but that the Angels are likewise present" (On Luke 1,12); they minister to Christ and help us to a more perfect union with Him. Naturally, it is especially for this Eucharistic Bread that we pray, "give us this day our daily bread." - **Opus Sanctorum Angelorum, Work of the Holy Angels, 1999**

## SPIRITUAL FITNESS WORKOUT QUESTIONS

### Warm-up Question:

What particular point(s) caught your attention the most in this episode?

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### Workout Questions:

1. What new insights did you gain about the Christian's approach to money?

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2. What would your reaction be towards God if, tomorrow, you lost your job or your retirement fund dwindled by 50%? Why do you think that you would react this way? Read Job 1:1-22. How did Job act when he lost most of his wealth?

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## SPIRITUAL FITNESS WORKOUT QUESTIONS CONT.

3. How much money or how many material goods do you need to be content? Have you reached that place of contentment? Read Philippians 4:12-13 and 1 Timothy 6: 6-10

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4. What are some ways that God can supply you and your family with your daily bread?

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5. Share an experience of how God provided for you or your family.

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6. Share an experience when God led you to a place where you had to grow and trust in Him.

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7. Do you tithe? If so, share how God led you to do that. If not, why should you consider starting that discipline? Read Malachi 3:7-12

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PERSONAL ACTION ITEM:

Take the last few minutes of your SFW to come up with a **personal action item** you will work on between now and the next SFW.

*I commit to becoming spiritually fit by*

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CLOSING PRAYER

Lord, I give myself to you now and always.  
I am prepared to defend all you entrust to me.

With the belt of truth, breastplate of righteousness, boots of the gospel of peace, shield of faith, helmet of salvation, and the sword of the Spirit I will contend against the spiritual hosts of wickedness – And I will fear no evil.

Amen.

## Our Father | Episode 6: Forgive Us Our Trespases

### PREPARATION

Two little words in the Our Father, “as we”, perhaps carry the most weight. Jesus makes it crystal clear; if we won’t forgive, then we won’t be forgiven. This is tough.

Be prepared for our SFW by completing the steps below and reviewing the Warm-up and Workout Questions – our SFW is vital to our team’s success. Remember, we are only as strong as our weakest member.

1. **Before** our SFW Team meeting, watch or listen to Our Father | Episode 6: Forgive Us Our Trespases.
  - o <https://www.ewtn.com/tv/show-items/our-father-415>
2. Choose at least one of the tips from the **End Zone** section of the episode to reflect on or take action on **before** our SFW Team meeting.
  - o Is there someone you need to forgive? If so, work towards doing so.
  - o Be mindful of the impact you have on others.
  - o Remember what you do when you point.
3. **Before** our SFW Team meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

Matthew 6:14-15  
Luke 23:24  
Matthew 5:7  
Matthew 10:8

Matthew 18:15-17  
Matthew 18:21-35  
Ephesians 4:31-31  
1 John 2:20-21

4. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW Team meeting.
  - o **2838** This petition is astonishing. If it consisted only of the first phrase, “And forgive us our trespases,” it might have been included, implicitly, in the first three petitions of the Lord’s Prayer, since Christ’s sacrifice is “that sins may be forgiven.” But, according to the second phrase, our petition will not be heard unless we have first met a strict requirement. Our petition looks to the future, but our response must come first, for the two parts are joined by the single word “as.”
  - o **2840** Now—and this is daunting—this outpouring of mercy cannot penetrate our hearts as long as we have not forgiven those who have trespassed against us. Love, like the Body of Christ, is indivisible; we cannot love the God we cannot see if we do not love the brother or sister we do see. In refusing to forgive our brothers and sisters, our hearts are closed and their hardness makes them impervious to the Father’s merciful love; but in confessing our sins, our hearts are opened to his grace.

PREPARATION CONT.

- **2842** This “as” is not unique in Jesus’ teaching: “You, therefore, must be perfect, as your heavenly Father is perfect”; “Be merciful, even as your Father is merciful”; “A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another.” It is impossible to keep the Lord’s commandment by imitating the divine model from outside; there has to be a vital participation, coming from the depths of the heart, in the holiness and the mercy and the love of our God. Only the Spirit by whom we live can make “ours” the same mind that was in Christ Jesus. Then the unity of forgiveness becomes possible and we find ourselves “forgiving one another, as God in Christ forgave” us.
- See Also: **2839, 2841, 2843-2845**

“He who knows how to forgive prepares for himself many graces from God. As often as I look upon the cross, so often will I forgive with all my heart.” - **St. Faustina**

“They will know we are Christians by our love.” - **Hymn: They Will Know We Are Christians**

SPIRITUAL FITNESS WORKOUT QUESTIONS

**Warm-up Question:**

What particular point(s) caught your attention the most in this episode?

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**Workout Questions:**

1. Who do you relate more to in the Gospel story (Matthew 18:23-25), the unforgiving servant, or the lord who is angry over someone else’s lack of forgiveness? Why?

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2. How do you think that having trust in Jesus will help you to forgive those who have hurt you?

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3. What should the attitude of your heart be towards those who have hurt you? Read Ephesians 4:31-31.

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SPIRITUAL FITNESS WORKOUT QUESTIONS CONT.

4. What should the attitude of your heart be towards those you have hurt?

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5. Do you forgive others as Christ forgives you? What makes this great command of the Lord so difficult for you?

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6. Is it possible to truly say that you love God, if you are carrying a huge burden of anger and lack of forgiveness in your heart? Review again 1 John 4:20-21.

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7. Who in your life has shown you what true forgiveness is? How did they do that?

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PERSONAL ACTION ITEM:

Take the last few minutes of your SFW to come up with a **personal action item** you will work on between now and the next SFW.

*I commit to becoming spiritually fit by*

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CLOSING PRAYER

Lord, I give myself to you now and always.  
I am prepared to defend all you entrust to me.

With the belt of truth, breastplate of righteousness, boots of the gospel of peace, shield of faith, helmet of salvation, and the sword of the Spirit I will contend against the spiritual hosts of wickedness – And I will fear no evil.

Amen.

## Our Father | Episode 7: Lead Us Not Into Temptation

### PREPARATION

Sometimes we try to fool ourselves into thinking we can manage sin. We'll only go so far, right? Not a good idea. We need to stay out of sin or sin will do us in.

Be prepared for our SFW by completing the steps below and reviewing the Warm-up and Workout Questions – our SFW is vital to our team's success. Remember, we are only as strong as our weakest member.

1. **Before** our SFW Team meeting, watch or listen to Our Father | Episode 7: Lead Us Not Into Temptation.
  - o <https://www.ewtn.com/tv/show-items/our-father-415>
2. Choose at least one of the tips from the **End Zone** section of the episode to reflect on or take action on **before** our SFW Team meeting.
  - o The Lord **will fight** for you.
  - o Read the Gospel of John and Proverbs.
  - o When you are tempted, **run** to Jesus!
3. **Before** our SFW Team meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

Luke 4:1-13  
Romans 6:12-14  
Hebrews 12:4-6  
James 1:12-15

James 4:7  
1 Corinthians 10:12-13  
Ecclesiastes 4:9-12

4. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW Team meeting.
  - o **2846** This petition goes to the root of the preceding one, for our sins result from our consenting to temptation; we therefore ask our Father not to “lead” us into temptation. It is difficult to translate the Greek verb used by a single English word: the Greek means both “do not allow us to enter into temptation” and “do not let us yield to temptation.” “God cannot be tempted by evil and he himself tempts no one” on the contrary, he wants to set us free from evil. We ask him not to allow us to take the way that leads to sin. We are engaged in the battle “between flesh and spirit”; this petition implores the Spirit of discernment and strength.
  - o **2848** “Lead us not into temptation” implies a decision of the heart: “For where your treasure is, there will your heart be also [...] God is faithful, and he will not let

you be tempted beyond your strength, but with the temptation will also provide the way of escape, so that you may be able to endure it.”

PREPARATION CONT.

- **2849** Such a battle and such a victory become possible only through prayer. It is by his prayer that Jesus vanquishes the tempter, both at the outset of his public mission and in the ultimate struggle of his agony. In this petition to our heavenly Father, Christ unites us to his battle and his agony. He urges us to vigilance of the heart in communion with his own. Vigilance is “custody of the heart,” and Jesus prayed for us to the Father: “Keep them in your name.” The Holy Spirit constantly seeks to awaken us to keep watch. Finally, this petition takes on all its dramatic meaning in relation to the last temptation of our earthly battle; it asks for final perseverance. “Lo, I am coming like a thief! Blessed is he who is awake.”
- See Also: **2847**

“When tempted, invoke your Angel. He is more eager to help you than you are to be helped! Ignore the devil and do not be afraid of him: He trembles and flees at the sight of your Guardian Angel.” - **St. John Bosco**

SPIRITUAL FITNESS WORKOUT QUESTIONS

**Warm-up Question:**

What particular point(s) caught your attention the most in this episode?

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**Workout Questions:**

1. David the king was tempted by a glance that led him to sin. What are some of the other devices which the devil uses to tempt you to fall into sin? (An example might be money)

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2. In the news, we hear on a regular basis, how prominent figures in our society fall prey to temptation. What is your reaction to that? Why?

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3. When you are tempted, what are some of the ways to help prevent you from falling into sin? Read James 1:13-15, 4:7, and 1 Corinthians 10:12-13 again.

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SPIRITUAL FITNESS WORKOUT QUESTIONS CONT.

4. What is the biggest temptation that you are currently facing? What steps are you taking to help combat this temptation?

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5. The Holy Spirit is our protection against the temptations of the devil. What are some other spiritual resources of the Catholic Church which can be helpful to you in avoiding the near occasion of sin?

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6. Why do you think gathering as a team of Christian men on a regular basis is beneficial in the struggle with temptation? Read Ecclesiastes 4:9-12.

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PERSONAL ACTION ITEM:

Take the last few minutes of your SFW to come up with a **personal action item** you will work on between now and the next SFW.

*I commit to becoming spiritually fit by*

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CLOSING PRAYER

Lord, I give myself to you now and always.  
I am prepared to defend all you entrust to me.

With the belt of truth, breastplate of righteousness, boots of the gospel of peace, shield of faith, helmet of salvation, and the sword of the Spirit I will contend against the spiritual hosts of wickedness – And I will fear no evil.

Amen.



## Our Father | Episode 8: Deliver Us From Evil

### PREPARATION

Guys, we've got good news and bad news. The bad news first: the devil is real. The good news is he can't harm us if we are in right relationship with God and the Church.

Be prepared for our SFW by completing the steps below and reviewing the Warm-up and Workout Questions – our SFW is vital to our team's success. Remember, we are only as strong as our weakest member.

1. **Before** our SFW Team meeting, watch or listen to Our Father | Episode 8: Deliver Us From Evil.
  - o <https://www.ewtn.com/tv/show-items/our-father-415>
2. Choose at least one of the tips from the **End Zone** section of the episode to reflect on or take action on **before** our SFW Team meeting.
  - o Make a decision to get into the game.
  - o Ask God to give you a personalized mission.
  - o Temptation may be constant, but in Christ we can beat it.
3. **Before** our SFW Team meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

Matthew 6:13

Psalm 34:15-17

Matthew 26:41

2 Corinthians 11:14-15

Psalm 37:39-40

James 5:16

Matthew 11:28-30

1 John 3:8

4. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW Team meeting.
  - o **2850** The last petition to our Father is also included in Jesus' prayer: "I am not asking you to take them out of the world, but I ask you to protect them from the evil one." It touches each of us personally, but it is always "we" who pray, in communion with the whole Church, for the deliverance of the whole human family. The Lord's Prayer continually opens us to the range of God's economy of salvation. Our interdependence in the drama of sin and death is turned into solidarity in the Body of Christ, the "communion of saints."
  - o **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.

PREPARATION CONT.

- **2853** Victory over the “prince of this world” was won once for all at the Hour when Jesus freely gave himself up to death to give us his life. This is the judgment of this world, and the prince of this world is “cast out.” “He pursued the woman” but had no hold on her: the new Eve, “full of grace” of the Holy Spirit, is preserved from sin and the corruption of death (the Immaculate Conception and the Assumption of the Most Holy Mother of God, Mary, ever virgin). “Then the dragon was angry with the woman, and went off to make war on the rest of her offspring.” Therefore the Spirit and the Church pray: “Come, Lord Jesus,” since his coming will deliver us from the Evil One.
- See Also: **2852, 2854**

“Flog your enemies with the Name of Jesus, for there is no weapon more powerful in heaven or on earth.” - **St. John Climacus**

“He who desires to go on advancing from virtue to virtue, from grace to grace, should meditate continually on the Passion of Jesus.” - **St. Bonaventure**

SPIRITUAL FITNESS WORKOUT QUESTIONS

**Warm-up Question:**

What particular point(s) caught your attention the most in this episode?

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**Workout Questions:**

1. Ephesians 6:12 tells us our struggle is not with flesh and blood but against evil spirits. Why is it impossible to overcome sin and evil without the help of the Holy Spirit?

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2. Why would Jesus, who is able to conquer all evil, want us, frail and sinful men, to join Him in this battle against sin? Read 2 Timothy 2:1-5.

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3. What holds you back in the battle against evil? Is it an obstacle within or something on the outside? Read Matthew 23:25-26.

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## SPIRITUAL FITNESS WORKOUT QUESTIONS

4. What are some spiritual weapons that you can utilize to help you in your struggle with sin? See Ephesians 6:13-17.

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5. In John 16:33, Jesus tells us to, "Take courage, he has overcome the world." If you believe this message, what are the ways that you are living it out in your daily life?

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6. How can you build up other men so that they might become stronger and more unified in the army of the Lord? Read Hebrews 10:24-25.

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### PERSONAL ACTION ITEM:

Take the last few minutes of your SFW to come up with a **personal action item** you will work on between now and the next SFW.

*I commit to becoming spiritually fit by*

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### CLOSING PRAYER

Lord, I give myself to you now and always.  
I am prepared to defend all you entrust to me.

With the belt of truth, breastplate of righteousness, boots of the gospel of peace, shield of faith, helmet of salvation, and the sword of the Spirit I will contend against the spiritual hosts of wickedness – And I will fear no evil.

Amen.

**SERIES 2:  
THE GODLY MAN**

## The Godly Man | Episode 1: The Godly Man is Patient

### PREPARATION

We want what we want when we want it. We don't like to be kept waiting, do we? But doesn't that attitude show a lack of respect for others?

Be prepared for our SFW by completing the steps below and reviewing the Warm-up and Workout Questions – our SFW is vital to our team's success. Remember, we are only as strong as our weakest member.

1. **Before** our SFW team meeting, watch or listen to The Godly Man | Episode 1: The Godly Man is Patient.
  - a. <https://www.ewtn.com/tv/show-items/godly-man-433>
2. Choose at least one of the tips from the **End Zone** section of the episode to reflect or take action on **before** our SFW meeting.
  - a. Identify and pray for the person in your life with whom you are the least patient.
  - b. God comes first, give God the first fruits of your day and pray the rosary.
  - c. Pray, and ask the Lord to give you patience, especially with those closest to you.
3. **Before** our SFW team meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

1 Corinthians 13:4  
Romans 8:28  
Galatians 5:19-24  
Ephesians 4:1-3

Philippians 4:6-9  
Ephesians 5:25  
Ephesians 6:4

4. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW team meeting.
  - a. **736** By the 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."
  - b. **2219** Filial respect promotes harmony in all of family life; it also concerns relationships between brothers and sisters. Respect toward parents fills the home with light and warmth. "Grandchildren are the crown of the aged." "With all humility and meekness, with patience, [support] one another in charity."

PREPARATION CONT.

- c. **2668** The invocation of the holy name of Jesus is the simplest way of praying always. When the holy name is repeated often by a humbly attentive heart, the prayer is not lost by heaping up empty phrases, but holds fast to the word and “brings forth fruit with patience.” This prayer is possible “at all times” because it is not one occupation among others but the only occupation: that of loving God, which animates and transfigures every action in Christ Jesus.
- d. See Also: **1832, 854, 2046**

“Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections, but instantly set about remedying them – every day begin the task anew.” - **St. Francis de Sales**

“Patience is the companion of wisdom.” - **St. Augustine**

**SPIRITUAL FITNESS WORKOUT QUESTIONS**

**Warm-up Question:**

What particular point(s) caught your attention the most in this episode?

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**Workout Questions:**

1. List some of the things that have made you lose your patience over the last month.

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2. What seems to cause you not to be patient with others, especially your loved ones?

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3. When has the lack of patience caused a problem in your life in the past?

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## SPIRITUAL FITNESS WORKOUT QUESTIONS CONT.

4. Here are some spiritual tools you can use to help you overcome your lack of patience.

- **Prayer:** Pray with Philippians 4:6-9
- **Scriptures:** Spend time reading and memorizing parts of the Psalms
- **Rosary:** Pray the rosary at least 3 times a week, try for every day.
- **Reconciliation:** Seek the Lord's forgiveness in the sacrament, go every month

Can you think of any other tools? What tools do you use the most and why?

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5. Read Ephesians 5:25 and 6:4. How does understanding these verses help you to be more patient with your family members?

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6. Can you think of a role model in your life who epitomizes patience? What do you think keeps them so patient?

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### PERSONAL ACTION ITEM:

Take the last few minutes of our Spiritual Fitness Workout to come up with a personal action item you will work on between now and the next SFW.

*I commit to becoming spiritually fit by*

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### CLOSING PRAYER

Lord, I give myself to you now and always.  
I am prepared to defend all you entrust to me.

With the belt of truth, breastplate of righteousness, boots of the gospel of peace, shield of faith, helmet of salvation, and the sword of the Spirit I will contend against the spiritual hosts of wickedness – And I will fear no evil.

Amen.

## The Godly Man | Episode 2: The Godly Man is Kind

### PREPARATION

Even the smallest act of kindness is never wasted, but can we move from the occasional kind act to actually becoming kind?

Be prepared for our SFW by completing the steps below and reviewing the Warm-up and Workout Questions – our SFW is vital to our team’s success. Remember, we are only as strong as our weakest member.

1. **Before** our SFW team meeting, watch or listen to The Godly Man | Episode 2: The Godly Man is Kind.
  - a. <https://www.ewtn.com/tv/show-items/godly-man-433>
2. Choose at least one of the tips from the **End Zone** section of the episode to reflect or take action on **before** our SFW meeting.
  - a. Give God permission to put His character in your heart.
  - b. Exhibit kindness to others. Read Luke 6:38
  - c. Kindness is a strength, not a weakness.
3. **Before** our SFW team meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

James 2:1-13  
Ephesians 4:31-32  
2 Peter 1:7  
Titus 3:3-5

Proverbs 14:31  
Romans 12:8  
Colossians 3:12  
Luke 6:38

4. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW team meeting.
  - a. **1937** These differences belong to God’s plan, who wills that each receive what he needs from others, and that those endowed with particular “talents” share the benefits with those who need them. These differences encourage and often oblige persons to practice generosity, kindness, and sharing of goods; they foster the mutual enrichment of cultures: I distribute the virtues quite diversely; I do not give all of them to each person, but some to one, some to others.... I shall give principally charity to one; justice to another; humility to this one, a living faith to that one.... And so I have given many gifts and graces, both spiritual and temporal, with such diversity that I have not given everything to one single person, so that you may be constrained to practice charity towards one another.... I have willed that one should need another and that all should be my ministers in distributing the graces and gifts they have received from me.



PREPARATION CONT.

b. **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.

c. Se Also: **257, 736, 1832, 2346**

“A tree is known by its fruit; a man by his deeds. A good deed is never lost; he who sows courtesy reaps friendship and he who plants kindness gathers love.” - **St. Basil**

“Do not think that love, in order to be genuine, has to be extraordinary. What we need is to love without getting tired.” - **St. Teresa of Calcutta**

“Let no one ever come to you without leaving better and happier. Be the living expression of God’s kindness: kindness in your face, kindness in your eyes, kindness in your smile.”

- **St. Teresa of Calcutta**

SPIRITUAL FITNESS WORKOUT QUESTIONS

**Warm-up Question:**

What particular point(s) caught your attention the most in this episode?

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**Workout Questions:**

1. What does kindness mean to you?

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2. Read James 2:1-13. Why are we more kind to the rich person, the person who has status, the person who is a “somebody” and do not have the same kindness to those less privileged?

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SPIRITUAL FITNESS WORKOUT QUESTIONS CONT.

3. Can you give an example where an act of kindness by you had a positive effect on that person?

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4. Can you share a time with the group when you experienced God’s kindness in your life?

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5. Peter spoke about how “kind words cheer the heart.” Give an example of when a kind word by you had a positive impact on someone. What about a time when you used an unkind word towards a person that had a negative effect on them?

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6. Cite some men in your life who, by being kind towards you, had a positive impact on you.

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PERSONAL ACTION ITEM:

Take the last few minutes of our Spiritual Fitness Workout to come up with a personal action item you will work on between now and the next SFW.

*I commit to becoming spiritually fit by*

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CLOSING PRAYER

Lord, I give myself to you now and always.  
I am prepared to defend all you entrust to me.

With the belt of truth, breastplate of righteousness, boots of the gospel of peace, shield of faith, helmet of salvation, and the sword of the Spirit I will contend against the spiritual hosts of wickedness – And I will fear no evil.

Amen.

## PREPARATION

“Oh Lord, it's hard to be humble when you're perfect in every way.” Remember that line from the old Mac Davis song? Being humble is really being willing to accept the truth about ourselves.

Be prepared for our SFW by completing the steps below and reviewing the Warm-up and Workout Questions – our SFW is vital to our team's success. Remember, we are only as strong as our weakest member.

1. **Before** our SFW team meeting, watch or listen to The Godly Man | Episode 3: The Godly Man is Humble.
  - a. <https://www.ewtn.com/tv/show-items/godly-man-433>
2. Choose at least one of the tips from the **End Zone** section of the episode to reflect or take action on **before** our SFW meeting.
  - a. Think about how you can be a better servant.
  - b. Allow yourself to be humble before God. Read Micah 6:8
3. **Before** our SFW team meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

Philippians 2:3-8  
Romans 1:18  
Colossians 2:1  
James 4:6

2 Corinthians 12:10  
Proverbs 29:23  
Micah 6:8

4. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW team meeting.
  - a. **520** In all of his life Jesus presents himself as our model. He is “the perfect man,” who invites us to become his disciples and follow him. In humbling himself, he has given us an example to imitate, through his prayer he draws us to pray, and by his poverty he calls us to accept freely the privation and persecutions that may come our way.
  - b. **2554** The baptized person combats envy through good-will, humility, and abandonment to the providence of God.

PREPARATION CONT.

- c. **2779** Before we make our own this first exclamation of the Lord’s Prayer, we must humbly cleanse our hearts of certain false images drawn “from this world.” Humility makes us recognize that “no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him,” that is, “to little children.” The purification of our hearts has to do with paternal or maternal images, stemming from our personal and cultural history, and influencing our relationship with God. God our Father transcends the categories of the created world. To impose our own ideas in this area “upon him” would be to fabricate idols to adore or pull down. To pray to the Father is to enter into his mystery as he is and as the Son has revealed him to us.
  
- d. See Also: **2559, 2219, 2712-2713, 299, 2631, 2800**

“It was pride that changed angels into devils; it is humility that makes men as angels.”  
**- St. Augustine**

“Humility is the foundation of all the other virtues hence, in the soul in which this virtue does not exist there cannot be any other virtue except in mere appearance.” - **St. Augustine**

**SPIRITUAL FITNESS WORKOUT QUESTIONS**

**Warm-up Question:**

What particular point(s) caught your attention the most in this episode?

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**Workout Questions:**

1. A humble man “does not think less of himself, but he thinks of himself less.” Do you consider yourself to be a humble man? Why? Why not?

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2. In Philippians 2:3-8 Paul talks about Jesus Christ taking the form of a servant – and humbled himself even to death on a cross for us. What can we learn from this passage that will help us better understand the real meaning of humility?

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**SPIRITUAL FITNESS WORKOUT QUESTIONS CONT.**



3. Read 2 Corinthians 12:10. How does accepting the trials, sufferings, and tribulations in our life help us to become more humble?

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4. Everything that we have is a gift from God. Do we use these gifts and talents to exult ourselves or to exult God? Explain.

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5. Do you think that your society today humbles itself and gives God the glory or do we have a self-sufficient attitude that we don't need God?

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6. Who is the most humble man that you know? What makes him so special?

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PERSONAL ACTION ITEM:

Take the last few minutes of our Spiritual Fitness Workout to come up with a personal action item you will work on between now and the next SFW.

*I commit to becoming spiritually fit by*

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CLOSING PRAYER

Lord, I give myself to you now and always.  
I am prepared to defend all you entrust to me.

With the belt of truth, breastplate of righteousness, boots of the gospel of peace, shield of faith, helmet of salvation, and the sword of the Spirit I will contend against the spiritual hosts of wickedness – And I will fear no evil.

Amen.

## PREPARATION

The truth will set us free and being Godly men means being honest, especially with ourselves. We have been called to live the truth.

Be prepared for our SFW by completing the steps below and reviewing the Warm-up and Workout Questions – our SFW is vital to our team’s success. Remember, we are only as strong as our weakest member.

1. **Before** our SFW team meeting, watch or listen to The Godly Man | Episode 4: The Godly Man is Honest.
  - a. <https://www.ewtn.com/tv/show-items/godly-man-433>
2. Choose at least one of the tips from the **End Zone** section of the episode to reflect or take action on **before** our SFW meeting.
  - a. Living the truth means living in freedom
  - b. Rejoice in the truth. 1 Corinthians 13:6
  - c. Do right even when it seems right to do wrong.
3. **Before** our SFW team meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

Proverbs 12:17-22

Proverbs 13:6

Romans 13:13

1 Thessalonians 4:11

John 17:3

Romans 1:18

Luke 8:15

1 Corinthians 13:6

4. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW team meeting.
  - a. **2468** Truth as uprightness in human action and speech is called truthfulness, sincerity, or candor. Truth or truthfulness is the virtue which consists in showing oneself true in deeds and truthful in words, and in guarding against duplicity, dissimulation, and hypocrisy.
  - b. **2469** Men could not live with one another if there was no mutual confidence that they were being truthful to one another. The virtue of truth gives another his just due. Truthfulness keeps to the just mean between what ought to be expressed and what ought to be kept secret: it entails honesty and discretion. In justice, “as a matter of honor, one man owes it to another to manifest the truth.”

PREPARATION CONT.

- c. **2483** Lying is the most direct offense against the truth. To lie is to speak or act against the truth in order to lead someone into error. By injuring man’s relation to truth and to his neighbor, a lie offends against the fundamental relation of man and of his word to the Lord.
- d. **2486** Since it violates the virtue of truthfulness, a lie does real violence to another. It affects his ability to know, which is a condition of every judgment and decision. It contains the seed of discord and all consequent evils. Lying is destructive of society; it undermines trust among men and tears apart the fabric of social relationships.
- e. See Also: **2505**

“If you tell the truth you don’t have to remember anything.” - **Mark Twain**

“You can’t undo anything you’ve already done, but you can face up to it. You can tell the truth. You can seek forgiveness. And then let God do the rest.” - **Tertullian**

SPIRITUAL FITNESS WORKOUT QUESTIONS

**Warm-up Question:**

What particular point(s) caught your attention the most in this episode?

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**Workout Questions:**

1. Read Proverbs 12:17-22. To be honest one must **always tell the truth**. Why is lying so bad?

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2. The team mentioned that we should, “do right even when it seems right to do wrong.” Share an experience when you did the right thing when it could have been very easy to do the wrong.

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SPIRITUAL FITNESS WORKOUT QUESTIONS



3. Why do you think we don't tell the truth? Why do you think so many people believe that, "truth is relative."

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4. Have you ever been accused of not telling the truth? What was your reaction?

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5. In your own family, how do family members deal with each other when someone is caught in a lie?

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PERSONAL ACTION ITEM:

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CLOSING PRAYER

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Amen.



## PREPARATION

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1. **Before** our SFW team meeting, watch or listen to The Godly Man | Episode 5: The Godly Man is Loyal.
  - a. <https://www.ewtn.com/tv/show-items/godly-man-433>
2. Choose at least one of the tips from the **End Zone** section of the episode to reflect or take action on **before** our SFW meeting.
  - a. Is there someone in your life you have been disloyal to? Take a step in faith to be loyal and repair the situation
  - b. Jesus wants your loyalty. Read Matthew 10:32
  - c. Think about your loyalties. Who or what are they to?
3. **Before** our SFW team meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

Ecclesiastes 4:9-12  
Hebrews 13:5-6  
Joshua 14:9  
Psalm 31:24  
Psalm 89:3  
Sirach 1:24  
Sirach 15:19

Sirach 40:12  
Sirach 44:20  
Proverbs 18:24  
Matthew 10:32  
Matthew 28:20  
Hebrews 2:14  
2 Maccabees 6:17-31

4. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW team meeting.
  - a. **1880** A society is a group of persons bound together organically by a principle of unity that goes beyond each one of them. As an assembly that is at once visible and spiritual, a society endures through time: it gathers up the past and prepares for the future. By means of society, each man is established as an “heir” and receives certain “talents” that enrich his identity and whose fruits he must develop. He rightly owes loyalty to the communities of which he is a part and respect to those in authority who have charge of the common good.

## PREPARATION CONT.

- b. **2238** Those subject to authority should regard those in authority as representatives of God, who has made them stewards of his gifts:43 “Be subject for the Lord’s sake to every human institution.... Live as free men, yet without using your freedom as a pretext for evil; but live as servants of God.”44 Their loyal collaboration includes the right, and at times the duty, to voice their just criticisms of that which seems harmful to the dignity of persons and to the good of the community.

“Do not let kindness and truth leave you; bind them around your neck, write them on the tablet of your heart.” - **Proverbs 3:3**

“Make sure that your character is free from the love of money, being content with what you have; for He Himself has said, ‘I will never desert you, nor will I ever forsake you.’”

- **Hebrews 13:5**

### Keys to Being Loyal

- Stand up for marriage, family, church & country
- Loyalty is rooted in God
- Bear the cross together
- The Lord is your loyal friend

### SPIRITUAL FITNESS WORKOUT QUESTIONS

#### Warm-up Question:

What particular point(s) caught your attention the most in this episode?

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#### Workout Questions:

1. A loyal friend is one that stands by us through thick and thin. Can you name a friend or friends that you consider to be loyal? What makes him/them so special?

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2. Read Hebrews 13:5-6. God is our most loyal friend. He is there for us all the time. Do I show Him this same kind of loyalty? How?

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### SPIRITUAL FITNESS WORKOUT QUESTIONS CONT.

3. For those of you who are married or are contemplating marriage, we make a covenant on the day of our marriage to be loyal to our wives. What are some of the ways that we can show our loyalty to our wives? To our children?
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4. Our church, more than ever, needs our loyalty. Have you been loyal to the Church? In what ways do you show your loyalty?
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5. Band of brothers – the team always mentions the importance of belonging to small groups. Do you currently belong to a small group? Would you like to belong to a small group? Why do you think belonging to a small group would be helpful? Read Ecclesiastes 4:9-12.
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#### PERSONAL ACTION ITEM:

Take the last few minutes of our Spiritual Fitness Workout to come up with a personal action item you will work on between now and the next SFW.

*I commit to becoming spiritually fit by*

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#### CLOSING PRAYER

Lord, I give myself to you now and always.  
I am prepared to defend all you entrust to me.

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Amen.

## PREPARATION

Do we honor what is honorable? Do we honor the Church? The Cross? The flag?

Be prepared for our SFW by completing the steps below and reviewing the Warm-up and Workout Questions – our SFW is vital to our team’s success. Remember, we are only as strong as our weakest member.

1. **Before** our SFW team meeting, watch or listen to The Godly Man | Episode 6: The Godly Man is Honorable.
  - a. <https://www.ewtn.com/tv/show-items/godly-man-433>
2. Choose at least one of the tips from the **End Zone** section of the episode to reflect or take action on **before** our SFW meeting.
  - a. Are you showing honor to the things that the Lord has called you to honor? Do you go to Mass each week?
  - b. The Christian gaze should be upward. Philippians 4:8
  - c. Honor God. Be in awe of Him.
3. **Before** our SFW team meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

1 Timothy 3:2-13

1 Peter 3:8-9

Proverbs 3:9, 3:16

Proverbs 22:4, 26:1, 31:25

Psalms 91:14, 96:6, 104:1

1 Samuel 2:30

Luke 14:11

Romans 12:10

Isaiah 58:6-14

Philippians 4:8

4. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW team meeting.
  - a. **1900** The duty of obedience requires all to give due honor to authority and to treat those who are charged to exercise it with respect, and, insofar as it is deserved, with gratitude and good will.
  - b. **2207** The family is the community in which, from childhood, one can learn moral values, begin to honor God, and make good use of freedom. Family life is an initiation into life in society.
  - c. **2479** Detraction and calumny destroy the reputation and honor of one’s neighbor. Honor is the social witness given to human dignity, and everyone enjoys a natural right to the honor of his name and reputation and to respect. Thus detraction and calumny offend against the virtues of justice and charity.

PREPARATION CONT.

d. **2248** According to the fourth commandment, God has willed that, after him, we should honor our parents and those whom he has vested with authority for our good.

e. See Also: **2211, 2214**

“Nobody can acquire honor by doing what is wrong.” - **Thomas Jefferson**

“The most tragic thing in the world is a man of genius who is not a man of honor.”

-**George Bernard Shaw**

You need to begin by honoring God, our creator. Characteristics of an honorable man include: total awe of God; faithful to wife/family; provide for and defend family; honor mother and father; and respect fellow man. You need to recognize the dignity of each person, know what is right and stick to it and practice customs that show honor. Being honorable is a learned behavior. It's not old fashioned, it's timeless.

#### SPIRITUAL FITNESS WORKOUT QUESTIONS

##### **Warm-up Question:**

What particular point(s) caught your attention the most in this episode?

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##### **Workout Questions:**

1. In 1 Timothy 3:2-13 we see the qualities listed for both a bishop and a deacon. These qualities will make any man, not just a bishop or deacon, honorable. List these qualities. Which ones do you struggle with the most?

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2. The honorable man gives honor to others – beginning with God. Who and how do you give honor to others?

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#### SPIRITUAL FITNESS WORKOUT QUESTIONS CONT.

3. Many times our society honors dishonorable things and dishonorable people. Take a few moments and share how we can honor:

a. Parents/Grandparents

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b. Elderly

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c. Armed Forces/Vets

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4. When meeting a person for the first time, whether it is a guest or just someone you are just acknowledging, how do you honor this person? How do you teach your children to greet someone, especially for the first time?

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5. Within your families, point out some ways in which we can honor one another. Read 1 Peter 3:8-9.

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PERSONAL ACTION ITEM:

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CLOSING PRAYER

Lord, I give myself to you now and always.  
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Amen.

**The Godly Man | Episode 7: The Godly Man is Faithful**



## PREPARATION

There will always be disappointment and obstacles in our lives. We need faithfulness to overcome them.

Be prepared for our SFW by completing the steps below and reviewing the Warm-up and Workout Questions – our SFW is vital to our team’s success. Remember, we are only as strong as our weakest member.

1. **Before** our SFW team meeting, watch or listen to The Godly Man | Episode 7: The Godly Man is Faithful.
  - a. <https://www.ewtn.com/tv/show-items/godly-man-433>
2. Choose at least one of the tips from the **End Zone** section of the episode to reflect or take action on **before** our SFW meeting.
  - a. Think about what the Lord will say to you at the time of your death. Sirach 1:7
  - b. Plant the flag within your own home.
  - c. It’s not too late to be faithful.
3. **Before** our SFW team meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

1 Corinthians 4:2  
Matthew 25:14-21  
John 20:30-31  
Peter 4:1-11  
Matthew 24:45-51

John 14:11-14  
Luke 10:16  
Luke 8:5-8  
Revelation 2:10  
Joshua 24:15

4. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW team meeting.
  - a. **146** Abraham thus fulfills the definition of faith in Hebrews 11:1: “Faith is the assurance of things hoped for, the conviction of things not seen”: “Abraham believed God, and it was reckoned to him as righteousness.” Because he was “strong in his faith,” Abraham became the “father of all who believe.”
  - b. **153** When St. Peter confessed that Jesus is the Christ, the Son of the living God, Jesus declared to him that this revelation did not come “from flesh and blood,” but from “my Father who is in heaven.” Faith is a gift of God, a supernatural virtue infused by him. “Before this faith can be exercised, man must have the grace of God to move and assist him; he must have the interior helps of the Holy Spirit, who moves the heart and converts it to God, who opens the eyes of the mind and ‘makes it easy for all to accept and believe the truth.’”

PREPARATION CONT.

- c. **1062** In Hebrew, amen comes from the same root as the word “believe.” This root expresses solidity, trustworthiness, faithfulness. And so we can understand why “Amen” may express both God’s faithfulness towards us and our trust in him.

“Be faithful in small things because it is in them that your strength lies.” - **St. Teresa of Calcutta**

“By faithfulness we are collected and wound up into unity within ourselves, whereas we had been scattered abroad in multiplicity.” - **St. Augustine**

How do you become a Godly man who is faithful? You must surrender to God, you must be patient with yourself, and you must have regular direct contact with the Almighty through conversational prayer.

### SPIRITUAL FITNESS WORKOUT QUESTIONS

#### Warm-up Question:

What particular point(s) caught your attention the most in this episode?

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#### Workout Questions:

1. Read 1 Corinthians 4:2. What does it mean to be faithful?

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2. We must be faithful to God first and foremost. What are some ways God is faithful to us? Cite some ways that we are faithful to God.

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3. Faithfulness to one another is a key in relationships starting with our families. How do we show our faithfulness to our wives? Family? Friends?

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4. What are some of the things that prevent us from being more faithful men?

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## SPIRITUAL FITNESS WORKOUT QUESTIONS

5. Read Matthew 25:14-21. Why is this servant faithful? What is the reward for faithfulness? Why is this reward something your heart longs for?

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### PERSONAL ACTION ITEM:

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*I commit to becoming spiritually fit by*

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### CLOSING PRAYER

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Amen.

## PREPARATION

All the willpower in the world can't save us from impurity, but God's grace is sufficient

Be prepared for our SFW by completing the steps below and reviewing the Warm-up and Workout Questions – our SFW is vital to our team's success. Remember, we are only as strong as our weakest member.

1. **Before** our SFW team meeting, watch or listen to The Godly Man | Episode 8: The Godly Man is Pure.
  - a. <https://www.ewtn.com/tv/show-items/godly-man-433>
2. Choose at least one of the tips from the **End Zone** section of the episode to reflect or take action on **before** our SFW meeting.
  - a. Find someone you trust and be honest about your struggles.
  - b. Read and reflect on Psalm 119:9-11
  - c. Ask the Blessed Mother for help and pray the rosary.
3. **Before** our SFW team meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

James 1:13-15

James 4:7-8

Matthew 5:8

Matthew 15:19-20

Matthew 6:33

Matthew 22:37

1 Chronicles 28:9

Psalm 139:23-24

Psalm 119:9-11

Jeremiah 31:33

1 Peter 4:2

Ephesians 1:16-18

4. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW team meeting.
  - a. **2525** Christian purity requires a *purification of the social climate*. It requires of the communications media that their presentations show concern for respect and restraint. Purity of heart brings freedom from widespread eroticism and avoids entertainment inclined to voyeurism and illusion.
  - b. **2532** Purification of the heart demands prayer, the practice of chastity, purity of intention and of vision.
  - c. **2519** The pure in heart are promised that they will see God face to face and be like Him. Purity of heart is the precondition of the vision of God. Even now it enables us to see according to God, to accept others as neighbors; it lets us perceive the human body – ours and our neighbor's – as a temple of the Holy Spirit, a manifestation of divine beauty.

PREPARATION CONT.

- d. **2530** The struggle against carnal lust involves purifying the heart and practicing temperance.
- e. **2533** Purity of heart requires the modesty which is patience, decency, and discretion. Modesty protects the intimate center of the person.
- f. See Also: **2523, 2327, 2531**

“When you have sought the company of a sensual satisfaction, what loneliness afterward!”  
 – St. Josemaria Escriva

“Lust indulged starves the soul, but fools hate to turn from evil.” – Proverbs 13:19

**SPIRITUAL FITNESS WORKOUT QUESTIONS**

**Warm-up Question:**

What particular point(s) caught your attention the most in this episode?

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**Workout Questions:**

1. In our society today, there seems to be an attack on purity on all fronts. What are some of the tactics that the devil uses to lure us into impurity? Read James 1:13-15.

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2. What are some of the spiritual devices that we can use to protect our purity?

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3. King David succumbed to temptation and sins of lust and murder – by just a glance. What are the things that we are glancing at that lead us into temptation and sin?

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4. If we have continuously fallen into sins of impurity, what are some of the ways, that the team mentioned with the help of the Holy Spirit, that we can overcome these temptations and sins?

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**SPIRITUAL FITNESS WORKOUT QUESTIONS**



5. If we continually fall into sins of impurity, what are some of the things we can do to break this bad habit (addiction)? Read James 4:7-8.

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PERSONAL ACTION ITEM:

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CLOSING PRAYER

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1. **Before** our SFW team meeting, watch or listen to The Godly Man | Episode 9: The Godly Man is Brave.
  - a. <https://www.ewtn.com/tv/show-items/godly-man-433>
2. Choose at least one of the tips from the **End Zone** section of the episode to reflect or take action on **before** our SFW meeting.
  - a. Continue preaching the Gospel with boldness and confidence.
  - b. Have faith and be courageous, reflect on Hebrews 2:14-15
  - c. Take a stand against dirty jokes and gossip
3. **Before** our SFW team meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

Hebrews 12:2  
Hebrews 2:14-15

2 Timothy 1:7

4. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW team meeting.
  - a. **1805** Four virtues play a pivotal role and accordingly are called “cardinal: all the others are grouped around them. They are: prejudice, justice, fortitude, and temperance. “If anyone loves righteousness, labors are virtues; for she teaches temperance and prudence, justice and courage. These virtues are praised under other names in many passages of scripture.
  - b. **1808** Fortitude is the moral virtue that ensures firmness in difficulties and constancy in the pursuit of good. It strengthens the resolve to resist temptations and to overcome obstacles in the moral life. The virtue of fortitude enables one to conquer fear, even fear of death, and to face trials and persecutions. It disposes one even to renounce and sacrifice his life in defense of a just cause. “The Lord is my strength and my song.” “In the world you have tribulation, but be of good cheer, I have overcome the world.”

PREPARATION CONT.

- c. **1520** A particular gift of the Holy Spirit. The first grace of this sacrament is one of strengthening, peace and courage to overcome the difficulties that go with the condition of serious illness or the frailty of old age. This grace is a gift of the Holy Spirit, who renews trust and faith in God and strengthens against the temptations of the evil one, the temptation to discouragement and anguish in the face of death.<sup>135</sup> This assistance from the Lord by the power of his Spirit is meant to lead the sick person to healing of the soul, but also of the body if such is God's will.<sup>136</sup> Furthermore, "if he has committed sins, he will be forgiven

"The Christian is brave, that is, he is prepared to suffer injury and, if need be, death for the truth and for the realization of justice." – **St. Thomas Aquinas**

"Courage is almost a contradiction in terms. It means a strong desire to live taking the form of readiness to die." – **G.K. Chesterton**

"Hope has two beautiful daughters – their names are anger and courage; anger at the way things are, and courage to see that they do not remain the way they are." – **St. Augustine**

"Courage is being scared to death...and saddling up anyway." – **John Wayne**

#### SPIRITUAL FITNESS WORKOUT QUESTIONS

##### **Warm-up Question:**

What particular point(s) caught your attention the most in this episode?

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##### **Workout Questions:**

1. What is your definition of a brave man? How does being bold fit into being brave? Read Acts 4:29-31

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2. Fear many times prevents us from being brave. Quote - "it is easy to be brave at a safe distance." Name some time in your life that you did a brave act. Name a time when fear prevented you from performing a brave act.

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3. Pope John Paul II spoke, on his visit to Denver, told Curtis Martin and the FOCUS staff, "BE SOLDIERS FOR CHRIST." Our church is going through some difficult times now. How can we be brave soldiers for Christ and stand up for the Church?
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4. Peter told the story of the priest whom the Lord spoke to during adoration – telling him "he was afraid of offending men." Have there been times in your life when you showed a lack of bravery because you were afraid of offending men? Explain.
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#### PERSONAL ACTION ITEM:

Take the last few minutes of our Spiritual Fitness Workout to come up with a personal action item you will work on between now and the next SFW.

*I commit to becoming spiritually fit by*

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#### CLOSING PRAYER

Lord, I give myself to you now and always.  
I am prepared to defend all you entrust to me.

With the belt of truth, breastplate of righteousness, boots of the gospel of peace, shield of faith, helmet of salvation, and the sword of the Spirit I will contend against the spiritual hosts of wickedness – And I will fear no evil.

Amen.

## The Godly Man | Episode 10: The Godly Man is Zealous

### PREPARATION

All the willpower in the world can't save us from impurity, but God's grace is sufficient

Be prepared for our SFW by completing the steps below and reviewing the Warm-up and Workout Questions – our SFW is vital to our team's success. Remember, we are only as strong as our weakest member.

1. **Before** our SFW team meeting, watch or listen to The Godly Man | Episode 10: The Godly Man is Zealous.
  - a. <https://www.ewtn.com/tv/show-items/godly-man-433>
2. Choose at least one of the tips from the **End Zone** section of the episode to reflect or take action on **before** our SFW meeting.
  - a. Are we willing to be zealous for the Lord?
  - b. You have to have courage.
  - c. Make a commitment to take it to the next level.
3. **Before** our SFW team meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

Revelations 3:19  
Romans 10:2  
Titus 2:11-14

Isaiah 59:17  
Psalm 119:139  
2 Corinthians 9:2

4. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW team meeting.
  - a. **828** The saints have always been the source and origin of renewal in the most difficult moments in the Church's history. Indeed, holiness is the hidden source and infallible measure of her apostolic activity and missionary zeal.
  - b. **584** Jesus went to the temple as the privileged place of encounter with God. For Him, the Temple was the dwelling of His father, a house of prayer, and he was angered that its outer court had become a place of commerce. He drove the merchants out. His disciples remembered that it was written, "Zeal for your house will consume me."
  - c. **579** This principle of integral observance of the Law not only in letter but in spirit was dear to the Pharisees. By giving Israel this principle they had led many Jews of Jesus' time to an extreme religious zeal. This zeal, were it not to lapse into "hypocritical" casuistry, could only prepare the People for the unprecedented intervention of God through the perfect fulfillment of the Law by the only Righteous One in place of all sinners.



PREPARATION CONT.

“There is a holy anger, excited by zeal, that moves us to reprove with warmth those whom our mildness failed to correct.” – **St. John of the Cross**

“We ought to blush with shame when we see how the men of time pursue the things of time with greater zeal and passion than we pursue the things of eternity.” – **St. Ignatius of Loyola**

SPIRITUAL FITNESS WORKOUT QUESTIONS

**Warm-up Question:**

What particular point(s) caught your attention the most in this episode?

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**Workout Questions:**

1. Coach Danny mentioned in the Kickoff some of the characteristics of a zealous man. Can you name some? Can you think of more?

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2. The word “zealous” and “eager” refer to the same passion. Read Titus 2:11-14. Name some things in your life that you are eager to do, that you have a passion for, a zealousness to do God’s work and will.

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3. John Paul II spoke, on numerous occasions, that we must have zeal for a new evangelization – in other words – spreading the Gospel. Do you agree that all of us are called to spread the Gospel? What are some of the ways that you are spreading the Gospel? If not, then why?

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4. Name some zealous men that you have come across in your lifetime. What separates them from the pack?

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PERSONAL ACTION ITEM:

Take the last few minutes of our Spiritual Fitness Workout to come up with a personal action item you will work on between now and the next SFW.

*I commit to becoming spiritually fit by*

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CLOSING PRAYER

Lord, I give myself to you now and always.  
I am prepared to defend all you entrust to me.

With the belt of truth, breastplate of righteousness, boots of the gospel of peace, shield of faith, helmet of salvation, and the sword of the Spirit I will contend against the spiritual hosts of wickedness – And I will fear no evil.

Amen.

## The Godly Man | Episode 11: The Godly Man is Joyful

### PREPARATION

All the willpower in the world can't save us from impurity, but God's grace is sufficient

Be prepared for our SFW by completing the steps below and reviewing the Warm-up and Workout Questions – our SFW is vital to our team's success. Remember, we are only as strong as our weakest member.

1. **Before** our SFW team meeting, watch or listen to The Godly Man | Episode 11: The Godly Man is Joyful.
  - a. <https://www.ewtn.com/tv/show-items/godly-man-433>
2. Choose at least one of the tips from the **End Zone** section of the episode to reflect or take action on **before** our SFW meeting.
  - a. If you want joy, pursue God. Read Psalm 16:9
  - b. Recommit yourself to unity with the Catholic Church.
  - c. Check your attitude. Do you have a joyful spirit?
3. **Before** our SFW team meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

Psalm 28:7

Psalm 13:5-6

Romans 5:1-4, 8:12

Romans 14:17

Romans 15:13

Galatians 5:21-22

1 Thessalonians 5:16-18

James 1:2-4

Acts 13:52

Philippians 2:2, 4:4

4. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW team meeting.
  - a. **1765** There are many passions. The most fundamental passion is love, aroused by the attraction of the good. Love causes a desire for the absent good and the hope of obtaining it; this movement finds completion in the pleasure and joy of the good possessed.
  - b. **1821** We can therefore hope in the glory of heaven promised by God to those who love Him and do His will. In every circumstance, each of us should hope, with the grace of God, to persevere to the end and to obtain the joy of heaven as God's eternal reward for the good works accomplished with the grace of Christ.
  - c. **1772** The principal passions are love and hatred, desire and fear, joy, sadness, and anger.

PREPARATION CONT.

d. **2657** The Holy Spirit, who instructs us to celebrate the liturgy in expectation of Christ's return, teaches us to pray in hope. Conversely, the prayer of the Church and personal prayer nourish hope in us. The psalms especially, with their concrete and varied language, teach us to fix our hope in God: "I waited patiently for the LORD; he inclined to me and heard my cry."<sup>8</sup> As St. Paul prayed: "May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope."

e. See Also: **2015, 2500, 2615**

"Laugh and grow strong." – **St. Ignatius of Loyola**

"Joy is a net of love by which you can catch souls." – **St. Teresa of Calcutta**

"Man cannot live without joy therefore when he is deprived of true spiritual joys it is necessary that he become addicted to carnal pleasures." – **St. Thomas Aquinas**

SPIRITUAL FITNESS WORKOUT QUESTIONS

**Warm-up Question:**

What particular point(s) caught your attention the most in this episode?

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**Workout Questions:**

1. Read Philippians 4:4 and 1 Thessalonians 5:16. Joy is one of the characteristics that should mark a Christian. Why do you think this is so?

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2. Scripture tells us that we should even be joyful in times of trials and suffering. Read James 1:2-4. Why should we be joyful during times of trial and suffering?

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3. Scripture also says, "the joy of the Lord is our strength." Do you really believe that statement? And, how do we gain strength from the joy of the Lord?

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## SPIRITUAL FITNESS WORKOUT QUESTIONS CONT

4. It seems as though there is a lack of joy in the world. Why is joy missing in many people's lives? Is it missing in your life? Why?
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### PERSONAL ACTION ITEM:

Take the last few minutes of our Spiritual Fitness Workout to come up with a personal action item you will work on between now and the next SFW.

*I commit to becoming spiritually fit by*

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### CLOSING PRAYER

Lord, I give myself to you now and always.  
I am prepared to defend all you entrust to me.

With the belt of truth, breastplate of righteousness, boots of the gospel of peace, shield of faith, helmet of salvation, and the sword of the Spirit I will contend against the spiritual hosts of wickedness – And I will fear no evil.

Amen.

## The Godly Man | Episode 12: The Godly Man is Merciful

### PREPARATION

All the willpower in the world can't save us from impurity, but God's grace is sufficient

Be prepared for our SFW by completing the steps below and reviewing the Warm-up and Workout Questions – our SFW is vital to our team's success. Remember, we are only as strong as our weakest member.

1. **Before** our SFW team meeting, watch or listen to The Godly Man | Episode 12: The Godly Man is Merciful.
  - a. <https://www.ewtn.com/tv/show-items/godly-man-433>
2. Choose at least one of the tips from the **End Zone** section of the episode to reflect or take action on **before** our SFW meeting.
  - a. God loves you and there is nothing you can do about it.
  - b. Find a church and talk to a priest.
  - c. What does God's mercy mean to you?
3. **Before** our SFW team meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

Ephesians 2:1-9  
Matthew 5:7  
James 2:13  
Matthew 6:14-15

Ephesians 1:7  
1 John 1:9  
Psalms 103:11  
Romans 12:1

4. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW team meeting.
  - a. 2842 This “as” is not unique in Jesus’ teaching: “You, therefore, must be perfect, as your heavenly Father is perfect”; “Be merciful, even as your Father is merciful”; “A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another”.
  - b. 2840 Now—and this is daunting—this outpouring of mercy cannot penetrate our hearts as long as we have not forgiven those who have trespassed against us. Love, like the Body of Christ, is indivisible; we cannot love the God we cannot see if we do not love the brother or sister we do see.

PREPARATION CONT.

- c. 2086 When we say 'God' we confess a constant, unchangeable being, always the same, faithful and just, without any evil. It follows that we must necessarily accept his words and have complete faith in him and acknowledge his authority. He is almighty, merciful, and infinitely beneficent.... Who could not place all hope in him? Who could not love him when contemplating the treasures of goodness and love he has poured out on us?
  
- d. See Also: **1458, 613, 589, 1470, 1990**

“Look into My heart and see there the love and mercy which I have for humankind, and especially for sinners.” – **Jesus Christ to St. Faustina**

“Forgiveness is the remission of sins. For it is by this that what has been lost, and was found, is saved from being lost again.” – **St. Augustine**

“God loves each of us as if there were only one of us.” – **St. Augustine**

SPIRITUAL FITNESS WORKOUT QUESTIONS

**Warm-up Question:**

What particular point(s) caught your attention the most in this episode?

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**Workout Questions:**

1. Christ showed the ultimate sign of mercy by dying on the cross for each of us. How can we show our gratitude for such an awesome gift?

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2. God continues to pour love and mercy on us each and every day of our lives and all he wants in return is for us to show love and mercy towards others. Cite an occasion when you showed love and mercy to another. What is Jesus' promise to us if we show mercy? Read Matthew 5:7.

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SPIRITUAL FITNESS WORKOUT QUESTIONS CONT.

3. Do you believe that there is no limit to God's mercy? Why? Look again at Matthew 5:7 as well as James 2:13. What does this say about the way you treat people?

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4. Jesus instituted the Sacrament of Confession in order for us to experience God's mercy through the absolution of our sins by His representative – the priest. Do you utilize this sacrament? If so, how often? If not, why not?

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5. How did you feel prior to going to confession? How did you feel after the priest gave you absolution?

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PERSONAL ACTION ITEM:

Take the last few minutes of our Spiritual Fitness Workout to come up with a personal action item you will work on between now and the next SFW.

*I commit to becoming spiritually fit by*

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CLOSING PRAYER

Lord, I give myself to you now and always.  
I am prepared to defend all you entrust to me.

With the belt of truth, breastplate of righteousness, boots of the gospel of peace, shield of faith, helmet of salvation, and the sword of the Spirit I will contend against the spiritual hosts of wickedness – And I will fear no evil.

Amen.



# **SERIES 3: SPIRITUAL COMBAT**

## Spiritual Combat | Episode 1: The War

### PREPARATION

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 prepared for our SFW by completing the steps below and reviewing the Warm-up and Workout Questions – our SFW is vital to our group's success. Remember, we are only as strong as our weakest member.

1. **Before** our SFW Group meeting, watch or listen to Spiritual Combat | Episode 1: The War
  - a. <https://www.ewtn.com/tv/show-items/spiritual-combat-459>
2. Choose at least one of the tips from the **End Zone** section of the episode to reflect on or take action on **before** our SFW Team meeting.
3. **Before** our SFW Group meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

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

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

4. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW Group meeting.
  - a. **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."
  - b. **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.

### PREPARATION CONT.

- c. **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.

“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 dining of the light which comes from God, humanity is losing its bearings with an increasingly evident destructive event.” – **Pope Benedict XVI**

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

#### SPIRITUAL FITNESS WORKOUT QUESTIONS

##### **Warm-up Question:**

What particular point(s) caught your attention the most in this episode?

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##### **Workout Questions:**

1. Read Ephesians 6:10-17. 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?

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2. Do you believe that a spiritual war is being waged on us presently? explain yourself. When do you think this spiritual battle began and what caused it? Read Genesis 3:1-7 and Wisdom 2:23-24.

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SPIRITUAL FITNESS WORKOUT QUESTIONS CONT.

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?

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4. The war is not only against us individually but also against the Church. In what ways do you see the Church being attacked today?

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5. What are some ways that you can protect and defend yourself and your family in this spiritual combat? (Ephesians 6:18)

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6. What do you think is at stake in this war?

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PERSONAL ACTION ITEM:

Take the last few minutes of your Spiritual Fitness Workout to come up with a personal action item you will work on between now and the next SFW.

*I commit to becoming spiritually fit by*

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CLOSING PRAYER

Lord, I give myself to you now and always.  
I am prepared to defend all you entrust to me.

With the belt of truth, breastplate of righteousness, boots of the gospel of peace, shield of faith, helmet of salvation, and the sword of the Spirit I will contend against the spiritual hosts of wickedness – And I will fear no evil.

Amen.

## Spiritual Combat | Episode 2: The World

### PREPARATION

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 prepared for our SFW by completing the steps below and reviewing the Warm-up and Workout Questions – our SFW is vital to our group's success. Remember, we are only as strong as our weakest member.

1. **Before** our SFW Group meeting, watch or listen to Spiritual Combat | Episode 2: The World
  - a. <https://www.ewtn.com/tv/show-items/spiritual-combat-459>
2. Choose at least one of the tips from the **End Zone** section of the episode to reflect on or take action on **before** our SFW Team meeting.
  - a. Reflect on 1 John 4:4 – Greater is He that is in you than he that is in the world.
  - b. Reflect on John 16:33 – We can overcome the world in Christ.
  - c. Reflect, am I living my way or God's way?
3. **Before** our SFW Group meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

Titus 2:11-14  
Ephesians 2:1-3  
1 John 5:4-5, 19

1 John 2:15-17  
1 Thessalonians 5:14-22  
John 16:33

4. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW Group meeting.
  - a. **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.
  - b. **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.

PREPARATION CONT.

- c. See Also: **2545 and 1811**

SPIRITUAL FITNESS WORKOUT QUESTIONS

**Warm-up Question:**

What particular point(s) caught your attention the most in this episode?

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**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?

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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.

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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?

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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?

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5. What are some of the methods that the Church offers that will help you improve your spiritual life?

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SPIRITUAL FITNESS WORKOUT QUESTIONS CONT.

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?

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7. Our children are under attack by the world through TV, music, technology, movies, etc. As a father, how can your example have an effect on your children?

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8. Read John 16:33. Do you believe what Jesus is saying in this Scripture passage? Why or why not?

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PERSONAL ACTION ITEM:

Take the last few minutes of your Spiritual Fitness Workout to come up with a personal action item you will work on between now and the next SFW.

*I commit to becoming spiritually fit by*

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CLOSING PRAYER

Lord, I give myself to you now and always.  
I am prepared to defend all you entrust to me.

With the belt of truth, breastplate of righteousness, boots of the gospel of peace, shield of faith, helmet of salvation, and the sword of the Spirit I will contend against the spiritual hosts of wickedness – And I will fear no evil.

Amen.

## Spiritual Combat | Episode 3: The Flesh

### PREPARATION

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 prepared for our SFW by completing the steps below and reviewing the Warm-up and Workout Questions – our SFW is vital to our group's success. Remember, we are only as strong as our weakest member.

1. **Before** our SFW Group meeting, watch or listen to Spiritual Combat | Episode 3: The Flesh
  - a. <https://www.ewtn.com/tv/show-items/spiritual-combat-459>
2. Choose at least one of the tips from the **End Zone** section of the episode to reflect on or take action on **before** our SFW Team meeting.
  - a. Romans 8:1 – “Therefore, there is now no condemnation for those who are in Christ Jesus.” Stand on this truth.
  - b. Now is the time to respond, don't wait for tomorrow.
  - c. When temptation arises, run to Jesus!
3. **Before** our SFW Group meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

Galatians 5:19-24

Romans 7:14-15, 18-19

Romans 8:12-17

Sirach 23:16

Ecclesiastes 4:9-12

Romans 8:1

4. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW Group meeting.
  - a. **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.”
  - b. **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.



PREPARATION CONT.

- c. **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”

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

SPIRITUAL FITNESS WORKOUT QUESTIONS

**Warm-up Question:**

What particular point(s) caught your attention the most in this episode?

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**Workout Questions:**

- 1. The world is an external enemy. The flesh is an internal enemy. What do you think is meant by this?

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- 2. Read Galatians 5:19-21 and Sirach 23:16. Looking at these passages along with knowing what's 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?

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- 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?

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- 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?

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SPIRITUAL FITNESS WORKOUT QUESTIONS CONT.

5. Men throughout 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.

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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)

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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?

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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?

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PERSONAL ACTION ITEM:

Take the last few minutes of your Spiritual Fitness Workout to come up with a personal action item you will work on between now and the next SFW.

*I commit to becoming spiritually fit by*

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CLOSING PRAYER

Lord, I give myself to you now and always.  
I am prepared to defend all you entrust to me.

With the belt of truth, breastplate of righteousness, boots of the gospel of peace, shield of faith, helmet of salvation, and the sword of the Spirit I will contend against the spiritual hosts of wickedness – And I will fear no evil.  
Amen.

## Spiritual Combat | Episode 4: The Devil

### PREPARATION

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 prepared for our SFW by completing the steps below and reviewing the Warm-up and Workout Questions – our SFW is vital to our group's success. Remember, we are only as strong as our weakest member.

1. **Before** our SFW Group meeting, watch or listen to Spiritual Combat | Episode 4: The Devil
  - a. <https://www.ewtn.com/tv/show-items/spiritual-combat-459>
2. Choose at least one of the tips from the **End Zone** section of the episode to reflect on or take action on **before** our SFW Team meeting.
  - a. Ask the Lord to help you get in the fight against evil.
  - b. Read 1 John 5:19. Plant the flag. Choose to live for Christ.
  - c. Call on Jesus, He will protect you **every** time!
3. **Before** our SFW Group meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

1 John 3:8  
Colossians 2:13-15  
Luke 4:1-14

Revelation 12:9  
James 4:6-10  
1 Peter 5:8-9

4. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW Group meeting.
  - a. **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."
  - b. **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.

PREPARATION CONT.

- c. **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."

“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**

SPIRITUAL FITNESS WORKOUT QUESTIONS

**Warm-up Question:**

What particular point(s) caught your attention the most in this episode?

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**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?

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- 2. What are the evil traits that he is known for?

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- 3. What is the devil's ultimate goal for the world?

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- 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?

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SPIRITUAL FITNESS WORKOUT QUESTIONS CONT.

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?

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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?

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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? Read James 4:6-10.

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PERSONAL ACTION ITEM:

Take the last few minutes of your Spiritual Fitness Workout to come up with a personal action item you will work on between now and the next SFW.

*I commit to becoming spiritually fit by*

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CLOSING PRAYER

Lord, I give myself to you now and always.  
I am prepared to defend all you entrust to me.

With the belt of truth, breastplate of righteousness, boots of the gospel of peace, shield of faith, helmet of salvation, and the sword of the Spirit I will contend against the spiritual hosts of wickedness – And I will fear no evil.

Amen.

## Spiritual Combat | Episode 5: Put on the Armor of God

### PREPARATION

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 prepared for our SFW by completing the steps below and reviewing the Warm-up and Workout Questions – our SFW is vital to our group's success. Remember, we are only as strong as our weakest member.

1. **Before** our SFW Group meeting, watch or listen to Spiritual Combat | Episode 5: Put on the Armor of God
  - a. <https://www.ewtn.com/tv/show-items/spiritual-combat-459>
2. Choose at least one of the tips from the **End Zone** section of the episode to reflect on or take action on **before** our SFW Team meeting.
  - a. The Lord is a warrior. Put on the armor, get in the fight.
  - b. Fix your eyes on the Lord
  - c. Protect yourself. Put on the armor of God.
3. **Before** our SFW Group meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

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

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

4. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW Group meeting.
  - a. **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."

"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" – **St. Theresa of Lisieux**

PREPARATION CONT.

“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.” – **St. John Paul II**

“We know well, however, that it 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**

SPIRITUAL FITNESS WORKOUT QUESTIONS

**Warm-up Question:**

What particular point(s) caught your attention the most in this episode?

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**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.

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2. Which pieces of God’s armor are you currently using? Explain how.

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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?

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## SPIRITUAL FITNESS WORKOUT QUESTIONS CONT.

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?

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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?

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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?

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### PERSONAL ACTION ITEM:

Take the last few minutes of your Spiritual Fitness Workout to come up with a personal action item you will work on between now and the next SFW.

*I commit to becoming spiritually fit by*

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### CLOSING PRAYER

Lord, I give myself to you now and always.  
I am prepared to defend all you entrust to me.

With the belt of truth, breastplate of righteousness, boots of the gospel of peace, shield of faith, helmet of salvation, and the sword of the Spirit I will contend against the spiritual hosts of wickedness – And I will fear no evil.

Amen.



## Spiritual Combat | Episode 6: Battle for the Mind

### PREPARATION

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 prepared for our SFW by completing the steps below and reviewing the Warm-up and Workout Questions – our SFW is vital to our group's success. Remember, we are only as strong as our weakest member.

1. **Before** our SFW Group meeting, watch or listen to Spiritual Combat | Episode 6: Battle for the Mind
  - a. <https://www.ewtn.com/tv/show-items/spiritual-combat-459>
2. Choose at least one of the tips from the **End Zone** section of the episode to reflect on or take action on **before** our SFW Team meeting.
  - a. Read Scripture every day.
  - b. Pursue truth in all that you do.
  - c. What are you allowing into your mind via watching, reading, or listening? Positive or negative?
3. **Before** our SFW Group meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

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

4. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW Group meeting.
  - a. **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.
  - b. **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.

PREPARATION CONT.

- c. **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.
  
- d. **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.
  
- e. See Also: **1792**

SPIRITUAL FITNESS WORKOUT QUESTIONS

**Warm-up Question:**

What particular point(s) caught your attention the most in this episode?

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**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? Read 2 Corinthians 10:3-5.

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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?

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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?

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## SPIRITUAL FITNESS WORKOUT QUESTIONS

4. Temptations stop 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?

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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?

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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?

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### PERSONAL ACTION ITEM:

Take the last few minutes of your Spiritual Fitness Workout to come up with a personal action item you will work on between now and the next SFW.

*I commit to becoming spiritually fit by*

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### CLOSING PRAYER

Lord, I give myself to you now and always.  
I am prepared to defend all you entrust to me.

With the belt of truth, breastplate of righteousness, boots of the gospel of peace, shield of faith, helmet of salvation, and the sword of the Spirit I will contend against the spiritual hosts of wickedness – And I will fear no evil.  
Amen.

## Spiritual Combat | Episode 7: Discipline Your Body

### PREPARATION

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 prepared for our SFW by completing the steps below and reviewing the Warm-up and Workout Questions – our SFW is vital to our group's success. Remember, we are only as strong as our weakest member.

1. **Before** our SFW Group meeting, watch or listen to Spiritual Combat | Episode 7: Discipline Your Body
  - a. <https://www.ewtn.com/tv/show-items/spiritual-combat-459>
2. Choose at least one of the tips from the **End Zone** section of the episode to reflect on or take action on **before** our SFW Team meeting.
  - a. Make fasting a part of your weekly routine.
  - b. Be a man of action.
  - c. Implement the 30/30 plan
3. **Before** our SFW Group meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

Wisdom 9:15  
Titus 3:3  
1 Corinthians 9:23-27

1 Timothy 4:8  
Luke 9:23

4. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW Group meeting.
  - a. **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.

PREPARATION CONT.



- b. **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.”

““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.”

- **St. John Newman**

“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...” – **St. John Newman**

## SPIRITUAL FITNESS WORKOUT QUESTIONS

### Warm-up Question:

What particular point(s) caught your attention the most in this episode?

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### 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. Jot down how much time you spend each day and/or week taking care of your body. Now, how much time do you spend taking care of your soul?

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## SPIRITUAL FITNESS WORKOUT QUESTIONS CONT.

2. We usually spend a disproportionate amount of time on the body. Do you think that makes sense? How can you balance this out in your life?

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3. 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?

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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?

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5. 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?

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6. What are you doing to keep your physical body in shape?

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PERSONAL ACTION ITEM:

Take the last few minutes of your Spiritual Fitness Workout to come up with a personal action item you will work on between now and the next SFW.

*I commit to becoming spiritually fit by*

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CLOSING PRAYER

Lord, I give myself to you now and always.  
I am prepared to defend all you entrust to me.

With the belt of truth, breastplate of righteousness, boots of the gospel of peace, shield of faith, helmet of salvation, and the sword of the Spirit I will contend against the spiritual hosts of wickedness – And I will fear no evil.

Amen.

**Spiritual Combat | Episode 8: Victory Belongs to the Lord**



## PREPARATION

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 prepared for our SFW by completing the steps below and reviewing the Warm-up and Workout Questions – our SFW is vital to our group's success. Remember, we are only as strong as our weakest member.

1. **Before** our SFW Group meeting, watch or listen to Spiritual Combat | Episode 8: Victory Belongs to the Lord
  - a. <https://www.ewtn.com/tv/show-items/spiritual-combat-459>
2. Choose at least one of the tips from the **End Zone** section of the episode to reflect on or take action on **before** our SFW Team meeting.
  - a. Read and reflect on 2 Corinthians 4:16
  - b. God's love is infinite. Responding to it is our greatest joy.
  - c. Victory is nothing short of Eternal Life.
3. **Before** our SFW Group meeting, read and contemplate the following **Scripture References** made in the episode. How do you relate to these passages?

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

4. Read and reflect on the following paragraphs from the Catechism of the Catholic Church (CCC) **before** our SFW Group meeting.
  - a. 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.
  - b. 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.

PREPARATION CONT.



c. See Also: **222-227**

“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 things 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.” – **St. Leo the Great**

## SPIRITUAL FITNESS WORKOUT QUESTIONS

### Warm-up Question:

What particular point(s) caught your attention the most in this episode?

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### 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?

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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?

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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?

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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?

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## SPIRITUAL FITNESS WORKOUT QUESTIONS CONT.



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.
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6. When you experience success and victories, how do you show the Lord your appreciation?
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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?
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PERSONAL ACTION ITEM:

Take the last few minutes of your Spiritual Fitness Workout to come up with a personal action item you will work on between now and the next SFW.

*I commit to becoming spiritually fit by*

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CLOSING PRAYER

Lord, I give myself to you now and always.  
I am prepared to defend all you entrust to me.

With the belt of truth, breastplate of righteousness, boots of the gospel of peace, shield of faith, helmet of salvation, and the sword of the Spirit I will contend against the spiritual hosts of wickedness – And I will fear no evil.

Amen.