

SPIRITUAL COMBAT -- *Episode Seven: Discipline Your Body*



Team Member Name: _____ Date: _____

Game Strategy – We can't give in to our physical desires and expect to be healthy men. Every athlete must develop and exercise self control.

Be ready to take the field for this workout by completing the **Pregame Film Study**. Your contributions to the Huddle Discussion in our workout are vital to our team success. Remember we win and lose as a team!

Pregame Film Study

1. View or listen to the episode referenced above.
2. Go deep with the Scripture References, Coaching Tips and Catechism Connection on page 2.
3. Reflect upon the **Huddle Up** questions below and jot down your thoughts.

Huddle Up – Use these questions for personal reflection to share with your team at the workout.

Warm-up Questions:

1. What particular point(s) caught your attention the most in this episode?
2. What is something useful that you learned from viewing this episode that you can apply in your own life?

Workout Questions:

1. Read 1 Timothy 4:8. Taking care of your body does have some value, but the greatest value comes from taking care of your soul. Our bodies are temporal but our souls are spiritual. Jot down how much time you spend each day and/or week taking care of your body: eating, working out, grooming, looking and dressing sharp. These are just a few ideas. Now, how much time do you spend taking care of your soul?
2. We usually spend a disproportionate amount of time on the body, which guarantees to end upon death and hardly any time on the soul that lasts forever. Do you think that makes sense? How can you balance this out in your life?
3. There is nothing wrong with taking care of our body because it is a temple of the Holy Spirit. 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?
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? (1 Corinthians 9:24-27, Luke 9:23)
5. What are some things that you can change in your life that will be more pleasing to God?
6. All of us seem to be preoccupied with our health, especially when we begin to age. 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?
7. What are you doing to keep your physical body in shape? A physical workout plan is strongly recommended.

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Team Workout Plan - Watch the Kickoff, Game Plan and Red Zone video segments as a team. Break into huddles for discussion of the questions.

Postgame Recap - Watch the End Zone video segment as a team. Take note of the tips from the CTG team:

1. Start fasting.
2. Be a man of action.
3. 30/30 Plan

Complete your **Personal Action Item**. 

Scripture References

Wisdom 9:15

Titus 3:3

1 Corinthians 9:23-27

1 Timothy 4:8

Luke 9:23

Coaching Tips

“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.” ~*Blessed John Henry Cardinal Newman, Sermon 7, Duty of Self Denial*

“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...”
~*Blessed John Henry Cardinal Newman, Sermon 7, Duty of Self Denial*

Catechism Connection

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.

2516 Because man is a *composite being, spirit and body*, there already exists a certain tension in him; a certain struggle of tendencies between “spirit” and “flesh” develops. But in fact this struggle belongs to the heritage of sin. It is a consequence of sin and at the same time a confirmation of it. It is part of the daily experience of the spiritual battle: For the Apostle it is not a matter of despising and condemning the body which with the spiritual soul constitutes man’s nature and personal subjectivity. Rather, he is concerned with the morally *good* or *bad* works, or better, the permanent dispositions—virtues and vices—which are the fruit of *submission* (in the first case) or of *resistance* (in the second case) to *the saving action of the Holy Spirit*. For this reason the Apostle writes: “If we live by the Spirit, let us also walk by the Spirit.”

Personal Action Item

Develop a plan of action based upon our prayer and discussion related to the topic. How does the Lord want this topic applied in your life? Keep it simple – one or two action items.

I commit to becoming spiritually fit by...