

SPIRITUAL COMBAT -- *Episode Five: Put On The Armor of God*



Team Member Name: _____ Date: _____

Game Strategy – Men, if we are going to fight a spiritual war then we need the best weapons and to train well to use them.

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. 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.
2. Which pieces of God's armor are you currently using? Explain how.
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?
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?
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?
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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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. The Lord is a warrior. Put on the armor. Get in the fight.
2. Fix your eyes on the Lord!
3. Protect yourself. Put on the armor of God.

Complete your **Personal Action Item**. 

Scripture References

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

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

Coaching Tips

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. – *Saint Theresa of Lisieux*

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. – *Saint Pope John Paul II, Australia, Nov. 30, 1986*

We know well, however, that 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, August 14, 2007, Letter to the Friars of Mount Carmel*

Catechism Connection

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.”

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...