

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



Team Member Name: \_\_\_\_\_ Date: \_\_\_\_\_

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

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

### **Pregame Film Study**

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

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

### **Warm-up Questions:**

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

### **Workout Questions:**

1. If someone asked you, who is the Holy Spirit? What would your answer be? If they then asked you, what is the purpose or mission of the Holy Spirit? What would your answer be? (CCC 243-248)
  
  
  
  
  
  
  
  
  
  
2. We receive the Holy Spirit in the Sacraments of Baptism, (our gateway to life in the Spirit) and Confirmation, (sealed in the Spirit) but, for many, the Spirit lies dormant in our souls because we don't call upon him. How do you think that you could re-activate the power of the Holy Spirit within you? What do you think the benefits to you and others would be? Romans chapter 8 mentions the Holy Spirit more times than any chapter in the Bible, as it shows the absolute necessity of the Spirit. Circle every time the Spirit is mentioned.
  
  
  
  
  
  
  
  
  
  
3. Scriptures are the living Word of God. How do you think that a closer relationship with the Holy Spirit could better make the Word of God come more alive in your life? Give some examples.
  
  
  
  
  
  
  
  
  
  
4. The "Trinity" is the keystone to our Catholic Faith. What do you think the Holy Spirit's role is in this relationship? How do you think that the Holy Spirit can help you to improve your relationship with the Father and the Son? (CCC 249-260)

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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. Have a committed daily prayer time.
2. Give the Holy Spirit permission to move in your life.
3. Find a prayer to the Holy Spirit that works for you and pray it.

Complete your **Personal Action Item**. 

### **Scripture References**

John 6:63

Romans 8:1-39

1 Samuel 10:6

Mark 1:11

1 Timothy 4:10

2 Corinthians 3:17

### **Coaching Tips**

“Trying to do the Lord’s work in your own strength is the most confusing, exhausting, and tedious work of all. But when you are filled with Holy Spirit, then the ministry of Jesus flows out of you.” ~ *Corrie Ten Boom*

Start everyday by asking the Holy Spirit to lead you and then be sensitive to His movement and leadings throughout the day!

### **Catechism Connection**

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

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

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

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

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

### **Personal Action Item**

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

*I commit to becoming spiritually fit by...*