

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



Team Member Name: _____ Date: _____

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

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

Pregame Film Study

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

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

Warm-up Questions:

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

Workout Questions:

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

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

Complete your **Personal Action Item**. 

Scripture References

1 Corinthians 12:1-11

Isaiah 11:2

Galatians 5:22-23

1 Corinthians 12:31

Coaching Tips

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

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

Catechism Connection

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

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

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

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

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

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

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

Personal Action Item

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

I commit to becoming spiritually fit by...