

POWER OF THE SPIRIT – *Episode 6: Come Holy Spirit*



Team Member Name: _____ Date: _____

Game Strategy – We are filled with the Holy Spirit and have been given power to perform all that we are asked to do. Come Holy Spirit, fill us with the fire of Your love!

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 Acts 2:1-4. As you reflect on this Scripture passage, when the Holy Spirit, at Pentecost, came down upon the Apostles like a mighty wind and they all were filled with the Holy Spirit, how do you think that this passage applies to you in your life, here and now?
2. Pope Benedict XVI Angelus Message of May 11, 2008: “Today I would like to extend this invitation to everyone: Let us rediscover, dear brothers and sisters, the beauty of being baptized in the Holy Spirit.” Design a short prayer, asking the Holy Spirit to renew your body, mind, and soul.
3. Give some specific ways that the Holy Spirit can guide you to make changes in the following:
 - 1) Your prayer life
 - 2) Closer personal relationship with Jesus
 - 3) Deeper understanding of the Scriptures
 - 4) To empower you to boldly proclaim your faith to others
 - 5) To encourage you to continue attending CTG workouts
4. Give some specific ways the Holy Spirit can help you to live a holier life in the following areas:
 - 1) To break serious sin
 - 2) To overcome character flaws and “pet sins”.
 - 3) To change your approach to the sacraments and your preparation and participation in Mass
 - 4) A greater desire to learn what the Church teaches
5. Receiving the outpouring of the Holy Spirit is only a beginning. Now you need to grow in the life of the Spirit. The basic means of growth that the team discussed fell into four categories: **Prayer; Study; Service** and **Fellowship**. Give a brief explanation of your understanding of each of these categories. How do you or would you put each of these into practice on a regular basis?

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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. Commit a specific amount of time every day to prayer and study of the Scriptures.
2. Begin serving others. Start in your own family.
3. Be in community. Continue walking with other brothers in Christ in a small group.

Complete your **Personal Action Item**. 

Scripture References

Acts 2:1-4

2 Corinthians 5:17

Matthew 3:11

1 Corinthians 2:12

Coaching Tips

“Sanctify yourself and you will sanctify the world.”

~ *St. Francis of Assisi*

Through personal prayer, reception of the Sacraments, a heart turned toward Christ, service to others, and brotherly fellowship we can help to ‘sanctify’ our small part of the world.

Catechism Connection

700 *The finger.* “It is by the finger of God that [Jesus] cast out demons.” If God’s law was written on tablets of stone “by the finger of God,” then the “letter from Christ” entrusted to the care of the apostles, is written “with the Spirit of the living God, not on tablets of stone, but on tablets of human hearts.” The hymn *Veni Creator Spiritus* invokes the Holy Spirit as the “*finger of the Father’s right hand.*”

733 “God is Love” and love is his first gift, containing all others. “God’s love has been poured into our hearts through the Holy Spirit who has been given to us.”

734 Because we are dead or at least wounded through sin, the first effect of the gift of love is the forgiveness of our sins. The communion of the Holy Spirit in the Church restores to the baptized the divine likeness lost through sin.

737 The mission of Christ and the Holy Spirit is brought to completion in the Church, which is the Body of Christ and the Temple of the Holy Spirit. This joint mission henceforth brings Christ’s faithful to share in his communion with the Father in the Holy Spirit. The Spirit *prepares* men and goes out to them with his grace, in order to draw them to Christ. The Spirit *manifests* the risen Lord to them, recalls his word to them and opens their minds to the understanding of his Death and Resurrection. He *makes present* the mystery of Christ, supremely in the Eucharist, in order to reconcile them, to *bring them into communion* with God, that they may “bear much fruit.”

741 “The Spirit helps us in our weakness; for we do not know how to pray as we ought, but the Spirit himself intercedes with sighs too deep for words.” The Holy Spirit, the artisan of God’s works, is the master of prayer.

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...