



“Regular Season”

Spiritual Fitness Workout Meeting Format

(8-12 Team Members)

CTG recommends that a Regular Season Spiritual Fitness Workout Group consists of about 8-12 team members that meet every week or at least twice monthly.

Why work out spiritually?: 1 Cor 9:24-25 Do you not know that the runners in the stadium all run in the race, but only one wins the prize? Run as to win. Every athlete exercises discipline in every way. They do it to win a perishable crown but we an imperishable one.

Step 1 - Warm-up and Sharing (About 15 minutes)

- Prayer—Kickoff by spending a couple of minutes in prayer asking the Holy Spirit to guide the team through this Spiritual Fitness Workout. Including a brief time for intercessory prayer is suggested for established groups.
 - Beginning with a worship song which is easy for men to sing is *highly recommended* but optional. “Make a joyful noise unto the Lord.”
- Life Sharing - The Coach invites team members to share how things went personally and spiritually since the previous workout with a **focus** on their personal action item from the previous workout.

Step 2 - Workout (View Video - About 25 minutes)

- The Coach presents a brief introduction of the workout topic (Optional).
- The Coach starts the workout by showing the Kickoff, Game Plan and Red Zone segments of the selected episode either streaming in video or audio on the website or from a purchased DVD.

Step 3 – Huddle Discussion (About 40 minutes)

- The team breaks into “huddles” of 4-6 men led by Quarterbacks (QBs) appointed by the Coach prior to the workout.
- The QBs lead their huddle in discussion of the episode by utilizing the Workout Guide downloaded from the website.

Step 4 - Action item/Prayer (About 10 minutes)

- The Coach leads the entire team in viewing the End Zone segment of the selected episode.
- Each team member takes a couple of minutes to silently write down one personal action item he would like to accomplish before the next workout.
- The Coach makes any needed announcements. Keep it *brief!*
- All team members sing together a worship song (Optional). Keep it simple!
- Close the meeting with a brief time of prayer led by one team member and concluding with all team members reciting together a common prayer such as the Our Father, the Universal Prayer or St. Michael the Archangel prayer.

Total time of the Spiritual Fitness Workout – 90 minutes.

* A 60-minute format can work if you do not have the luxury of a 90 minute time period.

PRACTICE

Schedule:

- Make it a priority to attend all workout sessions.
- Pregame Film Study - Prepare for the next workout by viewing the selected episode and reflecting upon the workout questions and reference material provided in the Workout Guide downloaded from the website.

Spiritual Training:

- Daily Prayer
 - Set aside 15 minutes each day for personal private prayer. (Gradually build up to 30 minutes).
 - Include 5 minutes in this time for reading of the Scriptures.
- Mass
 - Attend Mass each Sunday.
 - Prepare by reading the Scriptures prior to Mass (if married, with family).
 - Perform a private examination of conscience before attending Mass.
 - Daily Mass — Try to attend, if possible, once or twice per month.
- Confession
 - Quarterly
 - As needed (if not in a state of grace)