



## ***“Training Camp”***

### **Spiritual Fitness Workout Meeting Format**

**(Mini-Team: 2-4 Team Members)**

CTG recommends that a Training Camp (Mini-Team) Spiritual Fitness Workout Group consists of about 2-4 team members that meet every week or at least twice monthly.

**Why work out spiritually?:** Mt 18:20 “For where two or three are gathered in my name, there am I in the midst of them.”

Step 1 - Warm-up and Sharing (About 10 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.
  - Optional - Begin with a worship song which is easy for men to sing.
- Life Sharing – The Coach invites each team member to share how things went personally and spiritually since the previous workout with a **focus** on his 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 Coach leads the team in discussion of the episode by utilizing the Workout Guide downloaded from the website.
- Remember, we win or lose as a team. Your contributions in the Huddle Discussion are important to our team success.

#### Step 4 - Action item/Prayer (About 5 minutes)

- The Coach leads the team in viewing the End Zone segment of the selected episode.
- Each team member takes a moment to silently write down one personal action item he would like to accomplish before the next workout.
- 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 - 80 minutes.**

\* A 60-minute format can work if you do not have the luxury of an 80 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)