

## POWER OF THE SPIRIT – *Episode 3: Salvation through the Spirit*



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

**Game Strategy** – God our Savior appeared, He saved us, not because of deed done by us in righteousness, but in virtue of His own mercy, by the washing of regeneration and renewal in the Holy Spirit which He poured out upon us. (Titus 3:4-6).

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. What is your understanding of Eternal Salvation? How do you think you attain your salvation? Why did Jesus come to earth? (Acts 4:12)
2. In Matthew 7:13-14, Jesus speaks of “the narrow gate”. What is your understanding of this passage? Give an example of a time when you chose the narrow gate, even though it would have been easier to choose the wide gate.
3. Jesus instituted the Sacraments of Holy Eucharist (John 6:54) and Penance and Reconciliation (John 20:23) to help us strive to enter through the narrow gate. Why do you think these two sacraments are so important in your mission, to cross the goal into eternal salvation?
4. How have you responded to God’s mercy by the way you live out your spiritual life? Do you feel you are on the right track? Why or why not?
5. At the moment of death, every person will undergo a “Particular Judgment” (CCC 1021, 1022), and at the second coming of Christ, everyone will go through a General Judgment (CCC 104, 1052). Please review the Judgment in the Catechism. What particular points stood out for you in each of these Judgments? In what particular areas of your life are you prepared to meet the Lord? What areas need some improvement?

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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. Wake up! This is the time.
2. Jesus knows your heart. He desires to be with you forever.
3. Kneel down and pray, "Lord have mercy on me, a sinner".

Complete your **Personal Action Item**. 

### **Scripture References**

Ephesians 1:13-14  
John 6:54  
John 20:23  
Acts 4:12

Matthew 7:13-14  
Titus 3:4-7  
Romans 8:15-16

### **Coaching Tips**

"Ignorance of scripture is ignorance of Christ." ~ *St. Jerome*

"Grant me, O Lord my God, a mind to know you, a heart to seek you, wisdom to find you, conduct pleasing to you, faithful perseverance in waiting for you, and finally embracing you."  
~ *St. Thomas Aquinas*

"This is salvation: to live in the consolation of the Holy Spirit, not the consolation of the spirit of this world,"  
~ *Pope Francis*

### **Catechism Connection**

**104** In Sacred Scripture, the Church constantly finds her nourishment and her strength, for she welcomes it not as a human word, "but as what it really is, the word of God." "In the sacred books, the Father who is in heaven comes lovingly to meet his children, and talks with them."

**1052** "We believe that the souls of all who die in Christ's grace... are the People of God beyond death. On the day of resurrection, death will be definitively conquered, when these souls will be reunited with their bodies" (Paul VI)

**1021** Death puts an end to human life as the time open to either accepting or rejecting the divine grace manifested in Christ. The New Testament speaks of judgment primarily in its aspect of the final encounter with Christ in his second coming, but also repeatedly affirms that each will be rewarded immediately after death in accordance with his works and faith. The parable of the poor man Lazarus and the words of Christ on the cross to the good thief, as well as other New Testament texts speak of a final destiny of the soul—a destiny which can be different for some and for others.

**1022** Each man receives his eternal retribution in his immortal soul at the very moment of his death, in a particular judgment that refers his life to Christ: either entrance into the blessedness of heaven—through a purification or immediately,—or immediate and everlasting damnation.

At the evening of life, we shall be judged on our love. (St. John of the Cross)

### **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...*