

OUR FATHER -- *Episode Eight: Deliver Us From Evil*



Team Member Name: _____ Date: _____

Game Strategy – Guys, we’ve got good news and bad news. The bad news first: the devil is real. The good news is he can’t harm us if we are in right relationship with God and the Church.

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. Ephesians 6:12 tells us our struggle is not with flesh and blood but against evil spirits. Why is it impossible to overcome sin and evil without the help of the Holy Spirit?
2. Why would Jesus, who is able to conquer all evil, want us, frail and sinful men, to join Him in this battle against sin? See 2 Timothy 2:1-5.
3. What holds you back in the battle against evil? Is it an obstacle within or something on the outside? See Matthew 23:25-26.
4. What are some spiritual weapons that you can utilize to help you in your struggle with sin? See Ephesians 6:13-17.
5. In John 16:33, Jesus tells us to “Take courage, He has overcome the world.” If you believe this message, what are the ways that you are living it out in your daily life?
6. How can you build up other men, so that, they might become stronger and more unified in the army of the Lord? See Hebrews 10:24-25.

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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. Make a decision to get into the game.
2. Ask God to give you a personalized mission.
3. Temptation may be constant, but in Christ we can beat it.

Complete your **Personal Action Item**. 

Scripture References

Matthew 6:13	Psalm 37:39-40
Psalm 34:15-17	James 5:16
Matthew 26:41	Matthew 11:28-30
2 Corinthians 11:14-15	1 John 3:8

Coaching Tips

We have three enemies, the world, the devil and the flesh.

Flog your enemies with the Name of Jesus, for there is no weapon more powerful in heaven or on earth. - *St. John Climacus*

He who desires to go on advancing from virtue to virtue, from grace to grace, should meditate continually on the Passion of Jesus. - *St. Bonaventure*

Catechism Connection

2850 The last petition to our Father is also included in Jesus' prayer: "I am not asking you to take them out of the world, but I ask you to protect them from the evil one." It touches each of us personally, but it is always "we" who pray, in communion with the whole Church, for the deliverance of the whole human family. The Lord's Prayer continually opens us to the range of God's economy of salvation. Our interdependence in the drama of sin and death is turned into solidarity in the Body of Christ, the "communion of saints."

2851 In this petition, evil is not an abstraction, but refers to a person, Satan, the Evil One, the angel who opposes God. The devil (*dia-bolos*) is the one who "throws himself across" God's plan and his work of salvation accomplished in Christ.

2853 Victory over the "prince of this world" was won once for all at the Hour when Jesus freely gave himself up to death to give us his life. This is the judgment of this world, and the prince of this world is "cast out." "He pursued the woman" but had no hold on her: the new Eve, "full of grace" of the Holy Spirit, is preserved from sin and the corruption of death (the Immaculate Conception and the Assumption of the Most Holy Mother of God, Mary, ever virgin). "Then the dragon was angry with the woman, and went off to make war on the rest of her offspring." Therefore the Spirit and the Church pray: "Come, Lord Jesus," since his coming will deliver us from the Evil One.

See Also: **2852, 2854**

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...