



Sacramental Life

Scriptural Reflection:

Jesus said to them, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me." (John 6:53-57)

Group Discussion Questions:

Strength training and Spiritual training are similar. What virtues does one need to be successful at both?

CCC states, *The Sacraments are efficacious signs of grace, instituted by Christ and entrusted to the Church, by which Divine Life is dispensed to us.* What does it mean to partake in the Divine Life?

What are some of the benefits received in the Sacrament of Penance and Reconciliation that one does not receive by going to a counselor?

Fathers have roles as Priest, Prophet and King in their families. How can these roles be played out effectively in leading our families to Christ?

Challenge

Participate in the Mass with fresh eyes. In this episode, Jared Zimmerer challenges men to study the theology and meaning of the Mass. Take him up on that challenge. Our liturgy is filled with Scripture, symbolism and history. Understanding the rituals, gestures and prayers will enrich your appreciation of the liturgy and the Eucharist.

Tour your own parish church. Stay after Mass at your parish and walk around the church to notice the symbolism throughout its art and structures. If you are unsure what a particular symbol or image means, look it up or ask your parish priest. If you have younger children, take them through your church occasionally and point out the parts of the church, the tabernacle, the images in the stained glass, the stations of the cross, and the statuary to help them understand what each represents.

Make confession a family activity. Make a habit of taking the whole family to confession once a month. Train them in examining their consciences and model for them the regular practice of visiting the "field hospital" for the spiritual battle.



Spiritual Warfare

Scriptural Reflection:

Blessed be the Lord, my rock, who trains my hands for battle, my fingers for war. (Psalms 144:1)

Group Discussion Questions:

What are some of the common temptations Satan uses to attack men today? What are some quick strategies men can employ to combat temptation whenever it strikes? (Prayer: *St. Michael + Memorare*)

What types of weapons do Catholic men have to combat evil? (Prayer, Rosary, Eucharist, Confession, ...)
How skilled are you at wielding these weapons? How does one become better at it?

Bishop Olmsted stated: "God has a plan for your life. So does Satan." What plan does Satan have for your life and the life of your family? How does he plan to accomplish it?

How committed are you to your prayer life? How do you pray?

Challenge

Go to confession monthly. Jesus called upon all men to repent. The powerful grace of the sacrament of confession provides us with his grace to help in our spiritual struggles. Taking advantage of this grace with a good confession monthly is an invaluable tool for staying on the right path.

Learn more about the medal of St. Benedict. One of the most powerful sacramentals for spiritual combat is the St. Benedict Medal. This medal is rich in symbolism and meaning and a powerful weapon against evil. Consider wearing a St. Benedict Medal, and make sure you have a priest bless the medal with the blessing of the medal of St. Benedict.

Make St. Michael your friend. As a regular part of your daily prayer, or perhaps with your family at the dinner table, pray the Prayer to St. Michael for the intention of protecting your family from Satan's influence.

Note: Excerpts for this session have been copied from the Knights of Columbus: [Into the Breach Video Series Study Guide](#). (2021)
