

Our Opening Prayer

Prayer of Saint Patrick

I arise today

Through the strength of Heaven
Light of sun
Radiance of moon Splendor of fire
Speed of lightning
Swiftness of wind
Depth of the sea
Stability of earth
Firmness of rock

I arise today

Through God's strength to pilot me
God's eye to look before me
God's wisdom to guide me
God's way to lie before me
God's shield to protect me
From all who shall wish me ill
Afar and anear
Alone and in a multitude
Against every cruel
Merciless power
That may oppose my body and soul

Christ with me, Christ before me,
Christ behind me, Christ in me,
Christ beneath me, Christ above me,
Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit down,
Christ when I arise, Christ to shield me,
Christ in the heart of everyone who thinks of me,
Christ in the mouth of everyone who speaks of me

I arise today

Into the Breach

Video Series Study Guide

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SPIRITUAL WARFARE

Opening Prayer

St. Augustine's Prayer to the Holy Spirit

Breathe in me, O Holy Spirit, that my thoughts may all be holy.

Act in me, O Holy Spirit, that my work, too, may be holy.

Draw my heart, O Holy Spirit, that I love but what is holy.

Strengthen me, O Holy Spirit, to defend all that is holy.

Guard me, then, O Holy Spirit, that I always may be holy. Amen.

Begin with a few moments of silent recollection.

Understanding the Breach

1) In the “Spiritual Warfare” episode, Ryan Young warns us that “There is a war for our souls.” Father Charles Goraieb says, “Every single person who wants to serve the Lord finds themselves at war with Satan—not because we ask for it, but because that is the nature of Satan. He detests what a good Catholic man stands for.”

- *Do you think of yourself as constantly in a spiritual war? Do you live your life as a spiritual warrior, or do you find yourself pretending it is peacetime?*
- *Father Goraieb goes on to state that temptation is our most universal experience of spiritual warfare. 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?*

2) In the episode, the Eucharist, confession, prayer and the rosary are all called “weapons.”

- *What sort of “weapons” are things like the Eucharist or the rosary? What is the sources of their power?*
- *How “skilled” are you in wielding these weapons? How can you grow in your ability to use them?*
- *What does the nature of these weapons tell us about the battle we are in?*

3) Steve Greene tell a story where he went to confession and the priest looked at him and said, “The devil wants to destroy your family, but he has to come through you to get them.”

- *What do you think Greene meant by this? Do you take this threat seriously? If so, how do you respond to this threat? If not, how can you better address this reality?*
- *Bishop Thomas Olmsted says, “Not only does God have a plan for your life, so does Satan.” What is Satan’s plan for your life? How is he trying to accomplish it?*
- *How is the devil trying to destroy your family? How does a father and husband protect his family against Satan’s attacks?*

4) Don O’Mara, who in this episode tells his story of recovery from abuse and addiction, credits his prayer life and the sacraments for giving him strength in the spiritual battle.

- *How committed are you to regular prayer? How do you pray?*

- O'Mara says, "When you have a prayer life, you can take a storm and survive." What does this mean? How can a prayer life help a man survive the "storms" he may be faced with?
- O'Mara compares sins to stones that we carry on our back until we unload them in confession. How frequently do you "unload" your burden of "stones" in confession? How do you prepare yourself for receiving the grace of this sacrament?

5) This episode describes how the devil uses pornography as a tool to attack men. Father Burke Masters describes how some men who view pornography excuse it by saying it is "just a weakness that I have" or that a lot of other men also struggle with it.

- *How widespread is the viewing of pornography among men?*
- *Why has the use of pornography grown in our society? What sort of damage does it do to men, women, families and society?*
- *What concrete actions can men take to avoid temptation toward pornography and related sins?*

Bricks for the Breach

"Satan is like a military strategist or commander that will prowl outside the walls of your fortress, being your soul. And he'll look at where your defenses are weakest—you know, is it the pride, is it the anger, is it the lust—because where the defenses are weakest, that's where he wants to break in to get into the fortress itself." (Jason Evert)

"As Blessed Pier Giorgio Frassati said, 'To live without faith, without a patrimony to defend, without a steady struggle for truth – that is

not living, but existing.’ Are you and I merely existing? Or are we living our Christian faith as men fully alive?” (Into the Breach: An Apostolic Exhortation to Catholic Men)

“If we think of soldiers who do not remain in strong physical and mental shape and who fail to practice the essential combat arts, we know they will not be ready for battle and will be a danger to themselves and their comrades in arms. The same is true for Catholic men; those who do not prepare and strengthen themselves for spiritual combat are incapable of filling the breach for Christ.” (Into the Breach: An Apostolic Exhortation to Catholic Men)

“Be bold. Know that this is real. Don’t be fearful, because Jesus Christ is far more powerful than Satan. If Jesus is the platform on which we stand, we are victorious. But there is a fight, and there’s no getting around it.” (Father Charles Goraieb)

Sword of the Spirit

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

Be sober and vigilant. Your opponent the devil is prowling around like a roaring lion looking for [someone] to devour. Resist him, steadfast in faith, knowing that your fellow believers throughout the world undergo the same sufferings. (1 Peter 5:8-9)

“The Lord says to you: Do not fear or be dismayed at the sight of this vast multitude, for the battle is not yours but God’s.” (2 Chronicles 20:15)

Put on the armor of God so that you may be able to stand firm against the tactics of the devil. For our struggle is not with flesh and blood

but with the principalities, with the powers, with the world rulers of this present darkness, with the evil spirits in the heavens. Therefore, put on the armor of God, that you may be able to resist on the evil day and, having done everything, to hold your ground. So stand fast with your loins girded in truth, clothed with righteousness as a breastplate, and your feet shod in readiness for the gospel of peace. In all circumstances, hold faith as a shield, to quench all [the] flaming arrows of the evil one. And take the helmet of salvation and the sword of the Spirit, which is the word of God. (Ephesians 6:11-17)

But the Lord is faithful; he will strengthen you and guard you from the evil one. (2 Thessalonians 3:3)

Call to Battle

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. Prepare for confession using the Knights of Columbus' "Guide to Confession," available online through Catholic Information Service. (For more information, see the appendix.)

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. Part of the blessing reads, "In the name of God the Father almighty, who made heaven and earth, the seas and all that is

in them, I exorcise these medals against the power and attacks of the evil one.”

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.

Closing Prayer

Request intentions from the group and conclude with the Prayer to St. Michael.

Prayer to St. Michael

*St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the Devil.
May God rebuke him, we humbly pray, and do thou,
O Prince of the heavenly hosts, by the power of God,
cast into hell Satan, and all the evil spirits,
who prowl about the world seeking the ruin of souls. Amen.*

The Memorare

Remember, O most gracious Virgin Mary,
that never was it known
that anyone who fled to thy protection,
implored thy help,
or sought thy intercession,
was left unaided.

Inspired by this confidence, I fly unto thee,
O Virgin of virgins, my Mother.

To thee do I come, before thee I stand, sinful and
sorrowful.

O Mother of the Word Incarnate, despise not my
petitions,

but in thy mercy hear and answer me.

Amen.



PRAYERS FOR THE MILITARY SERVICES



Prayer for the Army

Lord God of hosts, stretch forth, we pray, your almighty arm to strengthen and protect the soldiers of our country. Support them in the day of battle, and in the time of test and training keep them safe from all evil. Endow them with courage and loyalty; and grant that in all things they may serve without reproach; through Jesus Christ our Lord. Amen.



Prayer for the Marine Corps

Eternal Father, we commend to your protection and care the members of the Marine Corps. Guide and direct them in the defense of our country and in the maintenance of justice among the nations. Sustain them in the hour of danger. Grant that wherever they serve they may be loyal to their high traditions, and that at all times they may put their trust in you; through Jesus Christ our Lord. Amen.



Prayer for the Navy

Eternal Lord God, you alone spread out the heavens and rule the raging sea. Take into your most gracious protection our country's Navy and all who serve therein. Preserve them from the dangers of the sea and from the violence of the enemy, that they may be a safeguard unto the United States of America, and a security for such as sail upon the seas in peaceful and lawful missions. In serving you, O Lord, may our sailors serve their country; through Jesus Christ our Lord. Amen.



Prayer for the Air Force and the Space Force

Lord God of hosts, you stretch out the heavens like a curtain. Watch over and protect, we pray, the airmen of our country as they fly upon their appointed tasks and defend us in air, space, and cyberspace.

Give them courage as they face the foe, and skill in the performance of their duties. Sustain them with your everlasting arms. May your hand lead them, and your right hand hold them up, that they may return to the earth with a grateful sense of your mercy; through Jesus Christ our Lord. Amen.



Prayer for the Coast Guard

Lord our God, who stilled the raging of the seas by your word of power; watch over, we pray you, the men and women of the Coast Guard as they sail upon their missions of vigilant aid. Grant them courage and skill and a safe return. Fill them with a grateful sense of your mercy toward them; through Jesus Christ our Lord. Amen.



**Prayer for the Canonization of Father Emil J. Kapaun
Army Chaplain & Medal of Honor Recipient**



Lord Jesus, in the midst of the folly of war, your servant, Father Emil Kapaun, spent himself in total service to you on the battlefields and in the prison camps of Korea, until his death at the hands of his captors. We now ask you, Lord Jesus, if it be your will, to make known to all the world the holiness of Father Kapaun and the glory of his complete sacrifice for you by signs of miracles and peace. In your name, Lord, we ask, for you are the source of peace, the strength of our service to others, and our final hope. Amen.

Please report favors received to the Father Kapaun Guild: www.frkapaun.org

**Prayer for the Canonization of Father Vincent R. Capodanno, MM
Navy Chaplain & Medal of Honor Recipient**



Almighty and merciful God, look with love on those who plead for your help. Through the intercession of your servant, Father Vincent Capodanno, missionary and Catholic Navy Chaplain, grant the favor I earnestly seek (*make your request*). May Vincent, who died bringing consolation to the Marines he was privileged to serve on the field of battle, intercede in my need as I pray in the name of the Father, and of the Son, and of the Holy Spirit.

*Please report favors received to the Archdiocese for the Military Services:
www.vincentcapodanno.org*

Prayer for the Wounded

Father in heaven, grant our wounded brethren comfort in their suffering. Give them courage when afraid, patience when afflicted, hope when dejected, and when alone assure them of the prayerful support of your holy people. Grant this through Christ our Lord. Amen.

Prayer for a Happy Death

Father, you made us in your own image and your Son accepted death for our salvation. Help us to keep watch in prayer at all times. May we be free from sin when we leave this world and rejoice in peace with you for ever. Amen.

Prayer for the Dying

God of power and mercy, you have made death itself the gateway to eternal life. Look with love on our dying brother (*sister*), and make him (*her*) one with your Son in his suffering and death so that, sealed with the blood of Christ, he (*she*) may come before you free from sin. Amen.

Prayer for the Dead

O God, our creator and redeemer, by your power Christ conquered death and returned to you in glory. May all your people who have gone before us in faith share his victory and enjoy the vision of your glory for ever, where Christ lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

V Eternal rest grant unto them, O Lord.

R And let perpetual light shine upon them.

May their souls and the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.

Onward, Christian Soldiers

Sabine Baring-Gould

Onward Christian soldiers, marching as to war
With the cross of Jesus going on before:
Christ the royal master leads against the foe;
Forward into battle, see, his banners go.
Onward Christian soldiers, marching as to war
With the cross of Jesus going on before.

Like a mighty army moves the church of God;
Brothers, we are treading where the saints have trod;
We are not divided, all one body we,
One in hope and doctrine, one in charity.
Onward Christian soldiers, marching as to war
With the cross of Jesus going on before.

Crowns and thrones may perish, kingdoms rise and wane,
But the church of Jesus constant will remain;
Gates of hell can never 'gainst that church prevail;
We have Christ's own promise, and that cannot fail.
Onward Christian soldiers, marching as to war
With the cross of Jesus going on before.

Onward, then, ye people, join our happy throng,
Blend with ours your voices in the triumph song;
Glory, laud, and honor unto Christ the King;
This through countless ages men and angels sing.
Onward Christian soldiers, marching as to war
With the cross of Jesus going on before.