

Discussion Points
Into the Breach: 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. At the beginning of 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?
 - What are some quick strategies men can employ to combat temptation whenever it strikes?
2. Don O'Mara cites the Eucharist, confession, prayer and the rosary as 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 tells 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?
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.

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- 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." 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 do you see this analogy in your own lives?
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.
- Think about this as we proceed through today's seminar.

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)

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)