



My Battle Plan

*St. Michael the Archangel,
defend us in battle.*

Be our defense 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,

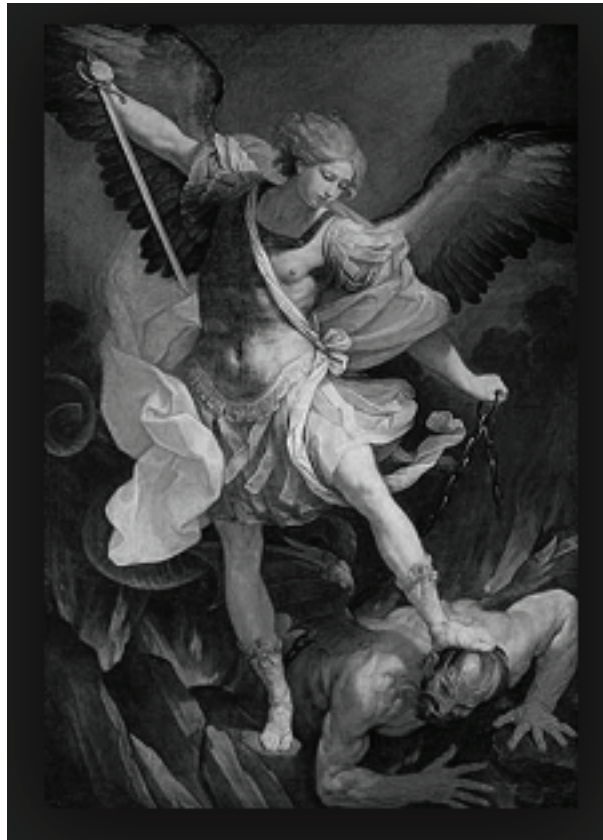
thrust into hell Satan,

and all the evil spirits,

who prowl about the world

seeking the ruin of souls.

Amen.



My Battle Plan

workbook for adolescents

Fortifying Families of Faith

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“Because man is a composite being, spirit and body, there already exists a certain tension in him; a certain struggle of tendencies between “spirit” and “flesh” develops. But in fact this struggle belongs to the heritage of sin. It is a consequence of sin and at the same time a confirmation of it. It is part of the daily experience of the spiritual battle: ¹ For the Apostle it is not a matter of despising and condemning the body which with the spiritual soul constitutes man’s nature and personal subjectivity. Rather, he is concerned with the morally good or bad works, or better, the permanent dispositions - virtues and vices - which are the fruit of submission (in the first case) or of resistance (in the second case) to the saving action of the Holy Spirit. For this reason the Apostle writes: “If we live by the Spirit, let us also walk by the Spirit.”²

“Baptism confers on its recipient the grace of purification from all sins. But the baptized must continue to struggle against *concupiscence of the flesh* and *disordered desires*. With God’s grace he will prevail ³ - by the *virtue and gift of chastity*, for chastity lets us love with upright and undivided heart;- by *purity of intention* which consists in seeking the true end of man: with *simplicity of vision*, the baptized person seeks to find and to fulfill God’s will in everything;³13 - by *purity of vision*, external and internal; by *discipline of feelings and imagination*; by *refusing all complicity* in impure thoughts that incline us to turn aside from the path of God’s commandments: “Appearance arouses yearning in fools”; ⁴ - *by prayer*: I thought that continence arose from one’s own powers, which I did not recognize in myself. I was foolish enough not to know . . . that no one can be continent unless you grant it. For you would surely have granted it if my inner groaning had reached your ears and I with firm faith had cast my cares on you.⁵

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¹ Catechism of the Catholic Church, paragraph 2516

² John Paul II, DeV 55; cf. Gal 5:25.

³ Catechism of the Catholic Church, paragraph 2520

⁴ Wisdom 15:5

⁵ St. Augustine, Conf. 6,11,20:PL 32,729-730.

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Introduction To Forming Battle Plans

*Then Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights, * and afterwards he was hungry. The tempter approached and said to him, "If you are the Son of God, command that these stones become loaves of bread." He said in reply, "It is written: 'One does not live by bread alone, but by every word that comes forth from the mouth of God.'" Then the devil took him to the holy city, and made him stand on the parapet of the temple, and said to him, "If you are the Son of God, throw yourself down. For it is written: He will command his angels concerning you and 'with their hands they will support you, lest you dash your foot against a stone.'" Jesus answered him, "Again it is written, 'You shall not put the Lord, your God, to the test.'" Then the devil took him up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, "All these I shall give to you, if you will prostrate yourself and worship me."* At this, Jesus said to him, "Get away, Satan! It is written: 'The Lord, your God, shall you worship and him alone shall you serve.'" Then the devil left him and, behold, angels came and ministered to him.*

Matthew 4: 1-11

It would be naive to presume that we will not also be tempted; Satan even 'put Jesus to the test'. Think about these things: what did the three temptations represent; why those three, did they represent what the devil presumed were vulnerabilities? Yes, Jesus was obviously hungry and so the devil used that situation first. Failing there, he moved to the temptation of pride and power failing to realize that Jesus willingly chose to take on the human nature out of obedience to the Father and Love for us. Satan then attempts to corrupt Jesus' love of the Father.

We are similarly tempted; as pointed out on the opening page, we are tempted through the concupiscence of the flesh, pride of life and disordered desires. And so the battle of tendencies between "spirit" and "flesh" develops takes place. Disordered desires and concupiscence tries to convince our will that t"we are mere lumps of materiality; interactions of organs, physical function and energy that work together to satisfy physical pleasure." ¹ Ultimately, the temptations attempt to strip us of Faith, Hope and Charity. The temptations are sometimes subtle and sometimes blatant; They come our way directly and indirectly. We will call the temptations decoys and landmines depending on the severity of their impact. Decoys promise happiness yet fail to deliver those promises. Measuring their Affordability, Anonymity and Accessibility helps **alert us to their degree of danger**. Are we paying attention to the details?

The battle for our hearts and minds and wills is very real and so we need to prepare. We can effectively resist any temptation by arming ourselves with personal and spiritual virtues: "the apprenticeship for self-denial, sound judgment, and self-mastery."⁴ (CCC) Our plan to resist the temptations must be very specific of specific decoys and landmines. Identifying zones or triggers that make it harder to resist temptations are part of the battle plan.

Triggers can be physical (hunger, tiredness, boredom, unspent energy, lack of sleep, etc.); **Emotional** (anxiety, loneliness, sadness, frustration, depression, stress); **Mental** (boredom, feeling over-worked, lack of play time); **Spiritual** (**weakened faith, hope and charity, lack of purpose, blaming God**, etc.); **Social** (desire for conformity, peer influence, cultural influence, affinity for risk; seek thrills, alone, situations, people, places & activities) and **Economic** (Affordable, popularity of material goods; excess cash, greed., etc.).

When battling any enemy, we must develop an effective battle plan complete with the assessment of the dangers; naming the temptation (decoy or landmine); assessing its strength or weakness; identification of allies and enemies; details of weapons to be used; and final plan of action. The following template is to be used when planning to do battle!

My Battle Plan

A. Assessment of the Decoy/ Landmine

Decoy/Landmine: _____

B. Assessing the degree of harm/danger of the Decoy/Landmine

Using a scale from 1 - 10 (10 being highest danger; 1 the lowest) assess the decoy:

1. Affordability _____ Accessibility _____ Anonymity _____

2. Overall assessment (Average the three factors)

(1-3 low (decoy); 4-7 moderate (decoy/landmine); 8-10 high (landmine)) _____

3. Possible Consequences:

Social Wellness _____

Mental Wellness _____

Physical Health _____

Spiritual Wellness _____

Economic Wellbeing _____

4. This personal trigger(s) makes it harder to resist the decoy/landmine: _____
_____ because _____

C. Other pertinent information _____ _____

D. The Plan

1. Identification of My Allies: (people, places, situations) _____

2. Identification of the Enemies (people, [places, situations): _____

3. Effective Weapons:

Virtue Employed _____

Decision: _____

Action(s) to be Taken: _____

4. Type of Attack:

Offensive : _____

Defensive: _____

5. Accountability Systems:

Allies' assessment of my plan: _____

6. Other _____
