



Catholic Central Activity Guide

Episode 16: Forces of Evil

Diving Deeper

- Building good habits is one of the ways we can resist sin in our lives. What are some of your bad habits? What are some changes you could make in order to be the best version of yourself?
- Have you ever had an unhealthy obsession over something you couldn't have? Dwelling on the blessings that we already have helps us to be grateful and avoid thinking about things that ultimately won't satisfy us. What are some of the things you're grateful for? How can you appreciate them more?
- When was the last time that you went to the sacrament of reconciliation? Frequent confession will strengthen your conscience and help you overcome any sins you may be struggling with. Put confession on your calendar for this week.

Go Forth

- Get together with close friends and talk about what you can each do to avoid temptation. Strategize which method works the best for you. By working together, you can build a framework of how to avoid sin in the future.
- Plan a day trip and go to a place or event that highlights truth, goodness and beauty. It could be an outdoor activity, museum, movie, or concert.



Resources

- [Start off your day with a morning offering](#)
- [How to make break bad habits](#)
- [Making good habits stick](#)

