“SO BE STRONG, SHOW YOURSELF A MAN, AND OBSERVE WHAT THE LORD YOUR GOD REQUIRES: WALK IN HIS WAYS, AND KEEP HIS DECREES AND COMMANDS, HIS LAWS AND REQUIREMENTS, AS WRITTEN IN THE LAW OF MOSES, SO THAT YOU MAY PROSPER IN ALL YOU DO AND WHEREVER YOU GO.”

1 KINGS 2:2-3
TO START . . .
At the beginning of the year, I made some promises to you. One of those promises was that you would have your own “Show Yourself a Man Plan” by the end of the year. This document will help guide you through completing that plan.

AS WE LOOKED AT SCRIPTURE, WE LEARNED THAT MEN ARE MADE BY...
- Core Commitments We Keep or Break,
- Key Life Choices We Make,
- Key Relationships That Shape,
- Life Paths We Take,
- Circumstances We Navigate

In the pages that follow, we’ll walk through the highlights of the principles above. Each area will be divided into three important sections...

EVALUATE
Look honestly at your own life and use the questions to evaluate how well you are doing.

CELEBRATE
Thank God for ways in which you’re accomplishing God’s plan for your life, and take note of behaviors that need to continue.

ANTICIPATE
Make note of necessary changes you need to make as a result of working on your plan.

I invite you to interact with the material. Take your time to reflect on the questions contained in each section. If you need to look back on previous session notes, they’re included at the back of the document.

BEFORE WE GO ANY FURTHER, LET’S DEFINE BIBLICAL MANHOOD.
A real man rejects passivity, takes responsibility, leads courageously, and seeks the greater goal of God’s glory and reward.

*The definition of manhood comes from Robert Lewis, The Quest for Authentic Manhood
CORE COMMITMENTS WE KEEP OR BREAK

“Commit your way to the LORD, trust also in Him, and He shall bring it to pass.”
PSALM 37: 5

EVALUATE

1. Have I committed my life to Jesus Christ? How am I living out that commitment day to day?
2. How would I evaluate myself in light of the biblical definition of manhood?
3. Where do I see God working in my family?
4. What am I doing to lead my family in a way that honors Christ?
   How am I preparing to lead my family in a way that honors Christ?
5. What am I doing to lead my friends to Christ?
6. How am I seeking God’s guidance in helping me determine future decisions?
7. Do I sense God’s leading in a specific future direction in my life right now?
   How am I obeying or disobeying His leading?

CELEBRATE

1. How have I seen God’s faithfulness in my life?
2. What commitments have I made that are resulting in character changes?
3. Where do I see God blessing my family?
4. Who has God placed in my life to walk alongside me and share life’s struggles?

ANTICIPATE

1. Do I need to recommit my life to living for Christ’s mission and glory?
2. What commitments do I need to make in order to grow spiritually?
3. What commitments do I need to make in order to honor God in my family?
**KEY LIFE CHOICES WE MAKE**

“Be on your guard; stand firm in the faith; be men of courage; be strong. Do everything in love.” 1 Corinthians 16:13-14

**EVALUATE**

1. What character qualities is God shaping in me to make me a man of integrity?
2. Is God leading me in a specific direction about how I can be involved in local ministry within the church?
3. Has God given me an opportunity to do missions outside of the church? How am I obeying his leading?
4. How is God directing me in my career choices and goals?
5. Where have I made bad choices in the past that have had negative consequences for me, my family or my faith?

**CELEBRATE**

1. Where has God already begun to use my choices to obey and follow Him?
2. How has God already blessed my obedience to serve Him either in the church or on mission outside of the church?

**ANTICIPATE**

1. What career choices do I need to make as a result of God’s direction in my life?
2. What choices do I need to make to honor God with my work?
3. What is one area of ministry God is leading me to get involved in and how can I obey Him?
4. When and where can I serve God on mission outside of the church in the next year?
5. What steps can I take to become a person of greater influence?
6. With whom can I choose to share my story?
KEY RELATIONSHIPS THAT SHAPE

“A friend loves at all times, and a brother is born for adversity.” PROVERBS 17:17

EVALUATE

1. How am I making biblical choices in my relationships?
2. How would I rate the health of my relationships in light of Scripture?
   - Wife/Girlfriend: Family:
   - Friends: Enemies:
   - Co-workers: Others:
3. Are my relationships drawing me into a deeper relationship with God?
4. Do I have one or more accountability relationships? Does anyone know me deeply enough that they know my secrets and struggles?
5. What would my friends and family say about my relationship with God?

Celebrate

1. Has God blessed me with good relationships? If so, how am I thanking him for the gift of those relationships?
2. How do I see God using my relationships to shape me into a biblical man?
3. How is God shaping my relationships as I know Him more?

ANTICIPATE

1. What boundaries do I need to set to honor God with my relationships?
2. Are there relationships that I need to cut out because they are not healthy?
3. Are there relationships that I need to allow in because the individual makes me healthy?
4. What can I do to lead my family in a way that honors Christ?
5. What experiences do I want my family to have that will draw them closer to God?
6. What “Faces of a Man” need the most attention in your life in order to build healthier relationships?
LIFE PATHS WE TAKE

“Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it.” MATTHEW 7: 13-14

EVALUATE

1. How will my life and legacy be evaluated 100 years from now after I am gone?
2. What would my family and friends say about me and the paths I have chosen to walk throughout my life?
3. Would my friends say that my life has had a positive or negative impact upon them?

CELEBRATE

1. Where do I see a tangible difference in my understanding of God and how am I celebrating my growth?
2. What experiences has God already allowed me to have that have deepened my understanding of Him?
3. On who’s shoulders am I standing because of the legacy that was entrusted to me?

ANTICIPATE

1. Am I choosing God’s directions for my life, or am I choosing what is easiest or less costly? How can I step out in faith and follow God’s leadership?
2. What can I do to increase my sphere of influence for God’s glory?
3. What specific steps do I need to take in order to leave a lasting legacy for my family and friends?
4. List experiences I want to have that will deepen my understanding of God?
CIRCUMSTANCES WE NAVIGATE

“For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us.” Romans 8:18

**EVALUATE**

1. What current circumstances are preventing me from becoming the man God wants me to be?
2. What keeps me from addressing current life stressors or circumstances?
3. How will I practically address stressors affecting me right now?
4. Have I made a decision to move through past mistakes rather than be crippled by them?
5. What keeps me from addressing these mistakes?
6. Whose help do I need in order to overcome past mistakes or hurts?

**CELEBRATE**

1. How have I experienced healing from past mistakes and circumstances in my life?
2. What difficult circumstances has God brought me through in my past?
3. Where do I see God actively helping me in my current stressors?
4. Who has God placed in my life today to walk with me through these difficult circumstances?

**ANTICIPATE**

1. How will I practically address mistakes affecting me from my past?
2. What obstacles do I need to overcome that would prevent me from addressing my unfinished business?
3. How will I practically address mistakes affecting me today?
4. What obstacles do I need to overcome that would prevent me from addressing life circumstances today?
Now that you’ve done the “heavy lifting” of answering some tough questions, it will be helpful for you to get a game plan for making necessary changes in your life. It will be good for you to prioritize some of the changes you’ve identified earlier in your plan. Think in terms of Actions, Adjustments, and Accountability.

**ACTIONS**
What changes do I want to make in my life to bring me closer to being the man God wants me to be? Think big picture.

1. 
2. 
3. 

**ADJUSTMENTS**
What adjustments of time, resources, energy, or priority do I need to make in order for me to make the above changes? Think small steps.

1. 
2. 
3. 

**ACCOUNTABILITY**
Who can I enlist to help hold me accountable to make the changes I’ve listed above, or what boundaries do I need to set in order to ensure accountability?

1. 
2. 
3. 
4. 
5.
SHOW YOURSELF A MAN PLAN

CORE COMMITMENTS
Faith
Family
Friends
Future

KEY LIFE CHOICES
Character Qualities
Calling-Vocation

KEY RELATIONSHIPS
To Receive From • To Invest In
To Cultivate • To Allow In

LIFE PATHS
Learning • Experience
Contributing • Leaving

CIRCUMSTANCES WE NAVIGATE
Life Stressors
Successes • Mistakes