

Strong Men Action Plan

This month our focus is to grow our commitment to walk daily with Jesus. True manhood is found in Christ and we will grow in true manhood by growing in our relationship with him.

To be doers of the word, we are offering this action plan and encouraging every man to follow these habits for one month. Perfection is not the goal. Checking off a list is not the goal. Growing in consistency of time with and attention on Christ is the goal, which will also grow our attention and time with our families and friends.

Brotherhood

Form a group of 3-4 men who will meet weekly and pray for one another daily. When you meet, in addition to getting to know each other better, share struggles and victories in your pursuit of true manhood.

Morning Prayer

Offer a morning prayer of thanksgiving for the blessings and gifts God has given you. Ask for God's blessing on you, your family, your group and all the men of our church.

Contemplate the Word

Read through 2 Timothy once every week for the next 4 weeks. As you read each day, find one key verse, phrase or theme from the passage and ponder that truth in silent prayer for at least 10 minutes.

Recommended reading plan:

- Day 1 -- 2 Timothy 1
- Day 2 -- 2 Timothy 2:1-13
- Day 3 -- 2 Timothy 2:14-26
- Day 4 -- 2 Timothy 3:1-9
- Day 5 -- 2 Timothy 3:10-17
- Day 6 -- 2 Timothy 4
- Day 7 -- Rest, Sermon review

Remove distraction

Remove your greatest distraction(s) from time with the Lord and with those you care about. For many of us, that will likely be social media, youtube, television, news, etc. How often do we

succumb to endless feeds, one more show, etc and entirely miss out on time with the Lord or rush through our time? Let's try a different path for a month.

Be honest with yourself on what it will take to prioritize time with Christ and with your friends and loved ones. Remove the apps for a month. Turn off the non-essential app notifications. Use your extra time for prayer and connecting with those important relationships in your life.

Replenish

Prioritize getting 7-8 hours of sleep each night. By removing distractions, we will avoid those addictive habits that rob valuable sleep.

Develop a health sleep routine of going to bed on time. Pray!

Give thanks for the blessings of the day.

Hand over the struggles and stress of the day.

Call to mind the truths from the Word.

Remind yourself why you are doing this.

Vision - Your Why

In the next week, take 20 minutes to consider the 5 questions from the talk/sermon this month.

1. Where have I drifted?
2. What has God entrusted to me?
3. Who is sharpening me?
4. What cannot continue in my life?
5. What will I build for the generation behind me?

Write out any actions you resolve to from this reflection time.

Write out your "Why" (Vision), for why you are making changes and pursuing true manhood.

Resources

Prefer to follow the plan in the app? Join the "Stron Men" group at <https://dailydisciple.expo.app> or scan the QR code. Sign in or sign up and use code: **KTG5LL**



Also, join the men's ministry WhatsApp group. Scan

