

MENTORING

ALIGNING MEN
TO LIVE AND
FINISH WELL

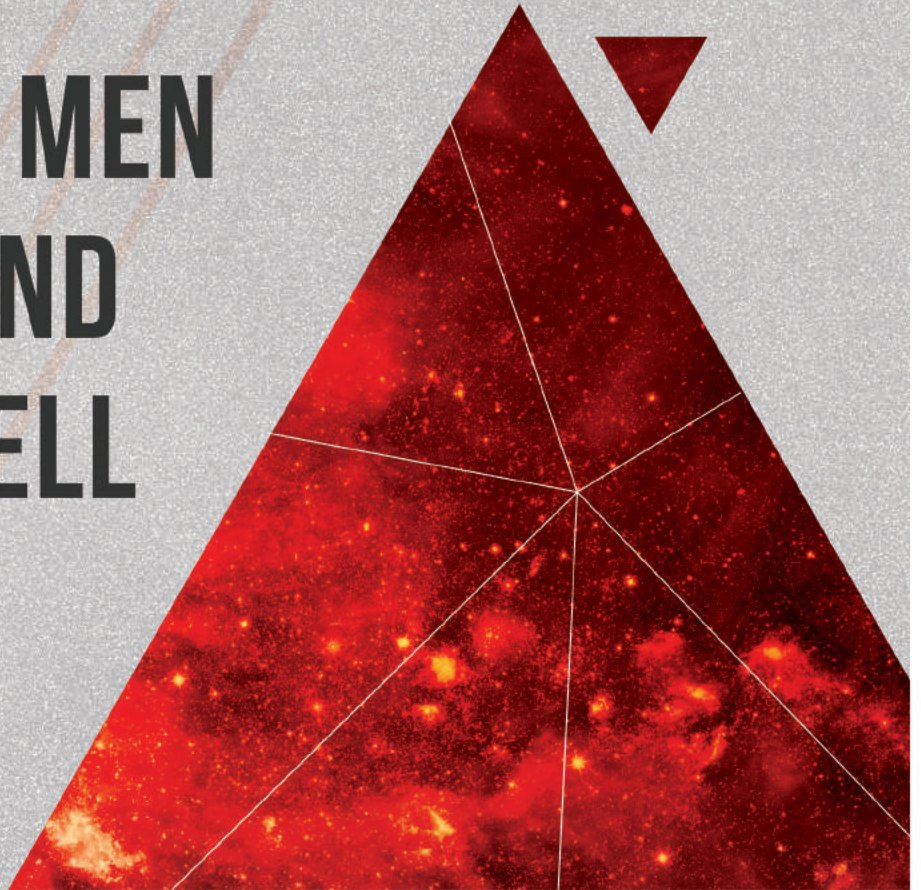




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INTRODUCTION

ALIGNMENT

When I was a youth pastor (back in the day), I had this huge Buick LeSabre car. This thing was as big as a boat. We would cram our friends into it and go get ice cream or toilet paper someone's house. I promise you, it was never my idea. That car connected us as a group in more ways than one. Between the radio blaring, all of us singing, and occasionally one of the guys passing gas, we had some pretty remarkable conversations about life, God, and His purpose for our lives.

Many of those teens today have gone on to be pastors, missionaries, business owners, and committed followers of Christ in the local church. I didn't realize it at the time, but I had the great privilege of mentoring and showing them what it looks like to live out Christ in a relevant way.

It was the country music legend Randy Travis who once said, "It's not what you take when you leave this world behind you, it's what you leave behind when you go." Over the years, many of those teens have mentored others and continue the legacy of reproducing disciples for Jesus Christ.

The model of mentoring others certainly wasn't mastered in that old Buick LeSabre. We didn't have the inside scoop on how to invest in someone's life for the glory of God. But somehow, it just happened. You could say it was faithfully taught, but also faithfully caught. Mentoring has been around since biblical times:

Moses trained Joshua
Jonathan befriended David
Elijah commissioned Elisha
Paul coached Timothy
And now you have an opportunity to make history and continue the legacy by mentoring others.

Like a badly worn set of tires that need a front-end alignment, we began to ask the following questions about the state that many men find themselves in today:

What is causing men to be out of "alignment" in their finances, with their wife and kids, and even their walk with Christ?

Why do men grow weary and wander from the faith they profess to have in Jesus at such an important time in life?

Why are fewer and fewer men attending church consistently, and have little or no connection with other significant men in their lives?

We believe the answer is that we've drifted off course from God's truth and His plan, and we've begun to do life solo instead of seeking the Lord and the advice of a trusted comrade.

Hebrews 2:1 tells us, "We must pay careful attention, therefore, to what we have heard, so that we do not drift away." (NIV)

As you consider mentorship with another man, our intention is for you to be built up, not beat down, in the process. Some of the areas we cover may sting a little, but we trust the freedom and victory that will be aligned by God's corrective course of action will refresh, revive, and renew you to be God's man, doing God's business, for God's glory.

My prayer is that you will be richly blessed through this ministry and that God will align you to carry out His intended purpose for your life.

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MEETING AGENDA SAMPLE

INTRODUCTIONS

It's important to remember that this "alignment" men's mentoring serves for the purpose of connecting and growing not only in the Lord, but also fostering a deeper relationship together every time you meet. Take some time each week and ask, "How is your week going? How are the kids? Any plans for the weekend?" It's important that this isn't viewed as a project to conquer, but an opportunity to build a relationship which will be valued and cherished years from now.

SESSION

Each week, come prepared to walk through a session. You can begin with session one or you can skip around. Whatever works for you. If you begin your session and you see that the discussion you're having is causing both of you to open and share below the surface, that's great. Don't feel the pressure to blitz through each session. If you don't get it done, no sweat, come back to it next time and pick up where you left off. Most mentees and mentores have found that it sometimes takes two meetings before they get done with a full session.

Within each session is:

Exercise 1
Talk It Through (20 minutes)

Exercise 2
Scripture – Raise the Standard
(20 minutes)

Exercise 3
Live it Out (20 minutes)

SCRIPTURE MEMORY

Each session ends with the challenge to memorize scripture. Don't blow this off! David reminds us in the Psalms of the value and importance of memorizing and meditating on God's Word. Any lasting change begins and ends with a hungry appetite to know and live out His Word.

PLAN AND PRAY

All of our schedules are busy and demanding. It's easy to rationalize or make excuses for not being able to meet. Don't let that happen. Before you end your time together, grab your phone and solidify your next meeting: date, time, place, and what you will cover the next time so there is no confusion. Take some time at the end to pray for each other and ask that the truths you heard and learned today will be enforced in your life through the Lord's help and guidance.

May the Lord use this time to strengthen you through the power of His Spirit, as you align yourself with God's incredible principles, plans, and promises for your life.



IDENTITY

session one

“And this is the testimony: God has given to us eternal life, and this life is in His Son. He who has the Son has life; he who does not have the Son of God does not have life. I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life.” ~ 1 John 5:11-12

One of the most important things in your new life as a Christian is your assurance of salvation. There are far too many people today who lack this assurance. They simply do not know what they are saved from, who does the saving, or even the incredible transformation salvation has on our lives.



EXERCISE 1 TALK IT THROUGH

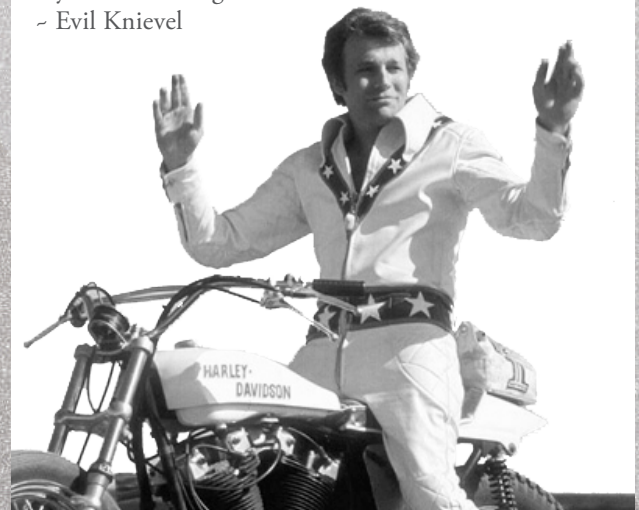
1. What do many people put their identity in so they can achieve some purpose or significance in life?
2. What does it mean when we say our identity is in Jesus Christ? How does that shape and form us internally and externally?
3. What are the consequences which can occur when we let our:
 - Problems become our identity?
 - Past become our identity?
 - Possessions become our identity?
 - Position or Power become our identity?
 - Popularity become our identity?

“I thought I was bulletproof or Superman for a while. I always knew how to draw a crowd. I thought I’d never run out of nerve. Never!”

~ Evil Knievel

“In the old days, the promoters wanted more and more from me. They wanted me to jump and spill my blood and break my bones. Everyone wanted me to jump further and further and further. Hell, they thought my bike had wings. Hell, I thought my bike had wings!”

~ Evil Knievel



EXERCISE 2 SCRIPTURE - RAISE THE STANDARD

1. How did the Apostle Paul’s identity in Christ change from what he used to be (Philippians 3:4-6) compared to who he became in Christ (Philippians 3:7-11)?
2. Who gives eternal life? (see 1 John 5:11-13)

3. Where is eternal life found? (see 1 John 5:11-13)
4. Who has eternal life? (see 1 John 5:11-13)
5. According to Romans 5:8, how has God shown His love to you? What difference should that make in your life?
6. What are the results of man's sinfulness according to Isaiah 59:2?
7. From what are we saved? For what are we saved?
8. Why do human efforts always fail to reach God? (see Ephesians 2:8-9)
9. In 1 Peter 3:18, how did Peter explain what God has done to bring men to Himself?
10. From Romans 10:9-10, how assured are you that you have a personal relationship with Jesus Christ and why?



EXERCISE 3

LIVE IT OUT

1. How has your present life in Christ been dramatically different from the way you lived in the past?
2. Which of the following changes have you experienced in your life as a result of having a new identity in Jesus?
 - Inner Peace
 - New awareness of sin
 - Victory over sin
 - New love for God and others
 - Desire to read and learn from His Word
 - Attitude changes
 - Sense of forgiveness
 - Other:

COMMIT TO MEMORY:

JOHN 5:24

“I tell you the truth, whoever hears my word and believes him who sent me has eternal life and will not be condemned; he has crossed over from death to life.”

2 CORINTHIANS 5:17

“Therefore, if anyone is in Christ, he is a new creation; the old is gone, the new has come!”

OUR NEXT MEETING:

Date & Time:

Location:

Further Reading & Discussion:

Victory Over the Darkness by Neil T. Anderson

NOTES



COURAGE

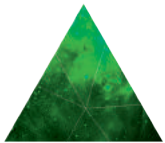
session two

Be Strong and Courageous (Deuteronomy 31:6)

We love stories of great courage. Those stories stir something in our hearts as men to step up, to be different, as we give of ourselves in a way that impacts not just our lives but those around us. When we see courage in another we find ourselves wishing we could respond or defend in like manner. We can.

I love what Billy Graham says: “Courage is contagious. When one brave man takes a stand, the spines of others are stiffened.”

If there’s ever been a time in our nation’s history when we need men to stand strong with stiff spines, it’s today.



EXERCISE 1 TALK IT THROUGH

1. What is one of the most courageous things you have ever done in your life?
2. Who is the most courageous person you know, and why?

3. When you think of the qualities of a courageous man, what characteristics come to mind? Try to list at least five qualities.

“It’s those little moments of bravery that, when collected as a whole, makes a man of courage.”

Courage is something that God commands you and me to have. As men, it is something that we were designed for. Whether you’re facing a job change, marital issues, financial pressures, etc., you can face each of them with courage.

What are others saying about courage?

Go to YouTube and search:

What is Courage? What the Speakers of the Stepping Up™ Video Series Had to Say





EXERCISE 2

SCRIPTURE - RAISE THE STANDARD

Read 1 Corinthians 16:13. List some men in the Bible who were courageous. How were they courageous?

Need courage? Jesus is our example.

- He overcame temptations (Matthew 4:1-11)
- He confronted people who came against the truths of God (Matthew 23:14-36)
- He boldly stood for truth when he cleared the temple in righteous anger (Matthew 21:12-17; John 2:13-17)
- He loved without regard for race/education/background and He had the courage to love the outcasts (Matthew 8:1-13; Luke 7:36-50; John 4:1-26)
- He did not complain, worry, or wallow in self-pity, even when He knew His death was imminent (Matthew 20:18-19; 26:36-67; 27:11-54)

How did the following men in scripture exhibit courage?

- David (1 Samuel 17)
- Shadrach, Meshach and Abednego (Daniel 3)
- Joshua and Caleb (Numbers 13-14)



EXERCISE 3

LIVE IT OUT

1. You may not be in the desert for 40 days being tempted as Jesus was (Matthew 4:1-11) but in what way do you need to be courageous in the temptation you face?
 - With those you work with?
 - Your boss?
 - Your spouse?
 - Your kids?
 - In decision making?
 - Struggles?
 - Finances?
 - Other:
3. To be courageous doesn't mean to be reckless, cocky, or even loud. It means to live and act with the strength and grace the Lord has provided in that moment. Agree or disagree?

COMMIT TO MEMORY:

PSALM 71:5

“For you have been my hope, Sovereign LORD, my confidence since my youth.”

JEREMIAH 17:7

“But blessed is the one who trusts in the LORD, whose confidence is in him.”

2 TIMOTHY 1:7

“For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.”

OUR NEXT MEETING:

Date & Time:

Location:

NOTES



WISDOM

session three

A BIBLICAL WORLD MINDSET

Wisdom – The ability to know and see all the moving parts of a situation, area, or subject and then to practically live out or give advice on it.



EXERCISE 1 TALK IT THROUGH

1. Who are several people in your life you would say are filled with godly wisdom? Why?
2. What, if any, godly advice did your parents give you that resonates with you even to this day?
3. Do you think there is a difference between earthly wisdom and godly wisdom? What's the difference?

Wisdom is the best choice ...
with the best result ...
in every situation



EXERCISE 2 SCRIPTURE - RAISE THE STANDARD

1. Read 1 Kings 3:1-15. What were the pressing factors that caused Solomon to choose wisdom over anything else?
2. Read Proverbs 4:5-9. What benefits come with desiring and acquiring godly wisdom in and around your life?
3. Proverbs 1:7 tells us, “the fear of the Lord is the beginning of wisdom, but fools despise wisdom and discipline.”

Look at the chart below and see how wisdom is a choice between two paths that both begin with the question: Do you fear the Lord? Discuss each path and its benefits and pitfalls.

How do I find wisdom?



Wisdom is **essential** (Proverbs 4:5-9)

Wisdom brings **quality** and **quantity** of life
(Proverbs 3:13, 16-18)

Wisdom is **wealth** (Proverbs 3:14-15)

Wisdom has a **high impact** (Proverbs 10:21)

Wisdom brings **stability** (Proverbs 14:33)



EXERCISE 3

LIVE IT OUT

1. How do we get a heart of wisdom according to James 1:5? Are there any other ways we can receive God's wisdom?
2. What is going on right now in your life that you need God's wisdom in order to clearly see His plan for you?
3. Take a moment and ask God to give you wisdom in an area where you need His guidance and direction.

COMMIT TO MEMORY:

PROVERBS 10:21

"The lips of the righteous feed many, but fools die for lack of wisdom."

OUR NEXT MEETING:

Date & Time:

Location:

Take the Challenge:

Read one Proverb each day for the next 30 days.

NOTES



LEADERSHIP

session four

Be Intentional

“Plans fail for lack of counsel, but with many advisors they succeed.” (Proverbs 15:22)

Do you remember from the time we were little kids how our parents, grandparents, friends and even teachers kept asking the question, “What do you want to be when you grow up?” It was a question that usually changed about every other day for many years. From a fireman, to a dentist, to a Hollywood stuntman (yes, that was my life’s ambition for a while) and on and on. Even some of us today are still trying to figure out what we were created to do and be.

One thing is for sure: whatever we are to do on this earth as men, God has given us the responsibility to lead effectively and efficiently. Leadership can wear many faces in various forums. The struggle is not in being told we need to lead, the struggle is in how to lead in a way that will positively affect our marriage, family, church, workplace, etc.

“A leader is one who knows the way, goes the way, and shows the way.” ~ John C. Maxwell

“The most powerful leadership tool you have is your own personal experience.” ~ John Wooden



EXERCISE 1 TALK IT THROUGH

1. Who are people in your life that have demonstrated authentic leadership, and in what areas?

2. Agree or disagree? “Often in leadership, more is caught than taught.”
3. The leader is conscious of three things as he leads:
 - This is what I need to KNOW
 - This is what I need to BE
 - This is what I need to DO

Give several examples in leading where you have seen this to be true.

LEADERSHIP
IS ABOUT MAKING OTHERS
BETTER AS A
RESULT OF YOUR PRESENCE
AND MAKING **SURE**
THAT IMPACT LASTS IN YOUR
ABSENCE.

Go to YouTube and search:

Death crawl scene from Facing the Giants





EXERCISE 2

SCRIPTURE - RAISE THE STANDARD

Step into the Story - Nehemiah chapter 1

Background: The year is 587 B.C. and Jerusalem is invaded by Babylon. Jerusalem is leveled. The walls are in rubble and the gates have been burned. People are taken captive and escorted back to Babylon. Fast forward now to 445 B.C. when the Jewish people are allowed to go back to their homeland, Jerusalem.

When they return, morale is low and everything is a wreck. They are standing in this pile of rubble and feel very vulnerable to the enemy. It would seem as if this is a hopeless situation. They need someone who will take the lead.



Read Nehemiah 1-2

1. From Nehemiah 1:1-11, what does Nehemiah do before he sets his sights on going to Jerusalem?

Why should these things be a prerequisite before leading others?

2. In Nehemiah 2, identify the different ways Nehemiah leads:

3. The Bible encourages us to seek effective leaders in our lives. How does Proverbs 11:14; 12:15, and 15:22 prove this to be true?

4. The Bible highlights three truths concerning your ability to lead others:

- You were called to lead (Jeremiah 1:4-10)
- The Holy Spirit will help you when you feel inadequate (Luke 12:11-12)
- As you seek God's wisdom, He will increase your ability to lead (Proverbs 16:23)

Which of these truths is most encouraging to you? Why?



EXERCISE 3

LIVE IT OUT

Our world is in desperate need of honorable men who will step up to the plate to lead with excellence. This is done by filtering every thought, word, and action through the life of Jesus Christ. Are you leading in a way that reflects Jesus Christ? Below, you will see four areas in which men need to lead intentionally on a regular basis. Take some time to evaluate yourself in each of the four areas:

- Leadership in my marriage
- Leadership in my home
- Leadership in my church
- Leadership in my workplace

Consider writing a note to say thank you to someone who has influenced your life with positive leadership.

COMMIT TO MEMORY:

JEREMIAH 1:5

“Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations.”

OUR NEXT MEETING:

Date & Time:

Location:

Further Reading & Discussion:

Spiritual Leadership by Oswald Sanders

NOTES



ANGER

session five

Taming the Beast Within

“Whenever you fly into a rage, you seldom make a safe landing.”
~ Will Rogers



“Anger is one letter short of danger.” ~ Skip Heitzig



EXERCISE 1 TALK IT THROUGH

1. There are roughly three faces of anger. Of the first two, which one are you most susceptible to and why?
 - Explosive Anger – where you blow up suddenly with little or no warning over a situation or misunderstanding.
 - Stewing/Brewing Anger – where you simmer internally over something. You may be silent, but you are “red hot” angry inside.
 - Justifiable Anger – where something that is sinful comes to your attention (example: rapist, terrorist plot, sex-trafficking, your children willfully disobeying you, etc.). You are righteously angry over the situation.

2. Can you think of a time when you were justifiably angry, but it did not lead you to sin? (see Ephesians 4:26-27)

3. Some people describe anger as a “secondary emotion.” This means that anger is a response to a primary emotion, such as hurt, fear, or sadness. For example, you might feel hurt and lash out with anger as a response. Or you yell at your spouse; not because she has done something wrong, but because something went down at work that just didn’t settle right with you and you’re upset about it. Do you think anger is a secondary emotion? Why or why not?

What are others saying about anger?

Go to YouTube and search:

Anger Management (Prager University)





EXERCISE 2

SCRIPTURE - RAISE THE STANDARD

1. In the passages below, look at five angry men in scripture. What was the issue? How did they respond? Was it sinful anger or justifiable anger?

- Cain and Abel – Genesis 4:1-16
- Moses – Numbers 20:1-12
- Balaam – Numbers 22:21-35
- King Ahab – 1 Kings 21
- Absalom – 2 Samuel 13

The book of Esther is also an excellent read. The character Haman in this book displays vengeful anger toward a man named Mordecai, who is Esther's Uncle.

2. **Solomon's Insight for the Hothead**
What wisdom and insight did Solomon have when it comes to the person who is a hothead?

- Proverbs 12:16
- Proverbs 14:17, 29
- Proverbs 15:1, 18
- Proverbs 16:32
- Proverbs 19:11
- Proverbs 22:24-25
- Proverbs 27:3-4
- Proverbs 29:11, 22
- Ecclesiastes 7:9

**ANGER IS A
HEART ISSUE
THAT FLOWS INTO A
BEHAVIOR ISSUE**



EXERCISE 3

LIVE IT OUT

1. What would it look like if someone was really good at managing their anger? Not just hiding their anger or ignoring it, but managing it in a genuinely healthy way.

2. How does anger cripple our worship for God? (1 Timothy 2:8)

What am I to do?

- **Surrender** your sinful anger to God. Be specific.
- **Realize** you cannot control or manage it in your flesh.
- **Humble** yourself in your broken state over the hurt and destruction your anger has caused. (James 4:6; Isaiah 66:2; 2 Chronicles 16:9)
- **Repent and Reconcile.** Are you ready to repent and reconcile? Ask God and those you have offended to forgive you. Is there someone you need to apologize to and ask their forgiveness due to your sinful anger erupting?
- **Seek** to change your behavior by asking God to change your heart first.
- **Record.** Grab a pen and begin to write down some benchmarks of how the Lord is giving you victory over sinful anger, which can hold a person captive for a long time.

COMMIT TO MEMORY:

PROVERBS 15:1

“A gentle answer turns away wrath,
but a harsh word stirs up anger.”

OUR NEXT MEETING:

Date & Time:

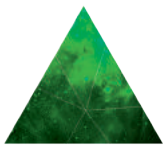
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MONEY

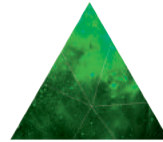
session six

We spend money we don't have,
on things we don't need,
to impress people we don't know.



EXERCISE 1 TALK IT THROUGH

1. How was money handled in your family growing up, and how did that affect you?
2. Would you say you are a spender or a saver? Are you impulsive or a hoarder with your money? Do you think this is wise or foolish?
3. How do you balance the tug of war between finding contentment in what you have, and the desire to have just a little bit more?



EXERCISE 2 SCRIPTURE - RAISE THE STANDARD

Downside of Money

1. DEBT - Proverbs 22:7, 26-27

One of the biggest problems in America is personal debt. The average household owes more than \$8,000 on credit cards alone. We impulsively put stuff on credit without counting the cost. Let's say you owe \$8,000 in credit card debt. You make a monthly payment of \$114 at 17% interest. Even if you were to stop using the credit card, how long do you think it would take you to pay off the \$8,000? Answer - over 40 years. You would end up paying about \$52,000 in interest.

Studies show we spend 30% more when using a credit card as opposed to cash. Buying with cash requires discipline in following financial principles. What does Proverbs 13:18 say happens when we ignore discipline and instruction?

Most people buy a vehicle based on want, not need. The average new car loses 20% of its value the moment you drive it off the lot because it immediately becomes a used car.

What does Proverbs 23:4-5 & 29:23 say of the danger when we let pride rule our wallets instead of humility?

2. GREED - Proverbs 13:1; 15:27; 18:1; 28:19-20,22,25

Gains absolutely nothing. It becomes a snare.
Really is pointless. Never satisfies.
Eventually will bring you all the way down.
Ends up being a death to many great people.
Don't let it capture your heart.

GREED DOES NOT REST UNTIL IT IS SATISFIED, AND GREED IS NEVER SATISFIED.

Where might greed settle in and want to set up shop in your life?

3. POVERTY - Proverbs 15:6; 28:6

Agree or disagree?

Poverty can come when we are lazy or when we are wasteful.

Money can't buy life's most valuable possessions.

Such as: Peace (Proverbs 15:16)
 Love (Proverbs 15:17)
 A good reputation (Proverbs 22:1)
 Integrity (Proverbs 28:6)

“Money does not bring peace of mind. Actually, money tends to bring more problems, more heartache, less discernment, and takes you down roads you normally wouldn't go. Once you make a fortune, you think it all becomes green lights and blue skies; that's not true. More than not money brings out the worst in us. Rarely the best.” ~ Sylvester Stallone – *Rocky*

Upside of Money

- As you honor God with your money you will be blessed in return (Proverbs 3:9-10; 10:22).
- If handled wisely, money can be the means of great encouragement, but if mishandled, great stress.
- If we handle our money wisely, our children and grandchildren can benefit knowing the joy of receiving an inheritance from their parents.
- You can be a blessing to your church and other ministry organizations by being generous with your money and supporting them.
- It is through your giving that the hungry can be fed, the poor can be clothed, and the homeless can be sheltered (Proverbs 19:17; 21:13; 28:27).
- Honor God by sacrificially giving to His church (2 Corinthians 9:6-15).

“What if we stopped asking, ‘how much can I spare?’ and start asking ‘how much will it take to reach the world for Christ?’”

- Vernon Brewer – Founder of World Help



EXERCISE 3

LIVE IT OUT

If you think about it, money has never been the issue. It has always been a heart issue.

1. How could you be a better steward of God's money within the next month? Be specific in what you're going to do or not going to do in your handling of money.
2. Maybe the problem is not just a **balancing** of your money, but a **budgeting** of your money. Do you have a system or record of how, when, and why you are using your money?

COMMIT TO MEMORY:

MATTHEW 6:19-21

“Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.”

OUR NEXT MEETING:

Date & Time:

Location:

Further resources:

The Total Money Makeover by Dave Ramsey

Check out the website mint.com

NOTES



SOUL KEEPING

session seven

A BIBLICAL WORLD MINDSET

Have you ever noticed how often we use the word “soul” to define or express something? There’s soul food, soul winning, soul brother, and “may God rest his soul.” We say things like, “I gave my heart and soul for that person,” or “I’d sell my soul for that.” Even the car company Kia has a car called the “Kia Soul.” We say that a person’s soul is in heaven, or maybe you’ve even heard, “I hope his soul rots in hell.”

We even recite this prayer at bedtime:

*Now I lay me down to sleep,
I pray the Lord my soul to keep.
If I should die before I wake,
I pray the Lord my soul to take.*



EXERCISE 1 TALK IT THROUGH

1. When was the last time you thought about the state or condition of your soul?
2. Have you ever considered that the health of your soul goes beyond just a matter of being saved or unsaved? How would you rate the health of your soul?

3. Is it possible for the Lord to have your soul for eternity, but for your soul to be neglected here on earth?
4. When was the last time your soul soared?

“When I am aware that there is something about life that is infinitely deeper than all the expectations and roles and performance stuff of my outer life, my soul feels its worth.”

- John Ortberg

Go to YouTube and search:

“Keeper of the Stream” from Soul Keeping by John Ortberg





EXERCISE 2

SCRIPTURE - RAISE THE STANDARD

The soul can be refreshed.

Psalm 19:7

Psalm 23:3

Psalm 42:1-2

What are things, people, or places that refresh your soul?

The soul can be grieved.

1 Samuel 1:15

Psalm 31:9

Job 30:25

Psalm 119:28

Psalm 43:5

Think of a time when your soul was grieved over something or someone.

The soul can be neglected & restless.

Mark 8:36-37

In what ways has your soul been restless or neglected?

The more OBSESSED
we are with our
SELVES, the more we
neglect our SOULS.

“We neglect the soul because it’s viewed as subjective instead of objective and what is not objective these days seldom gets our utmost attention. The soul can’t be put under a microscope or be seen in an X-ray lab. The soul often goes unseen, unknown, hidden from view. But every now and then the soul flourishes when it’s exposed to the glory of God and His purposes ... it soars.”

- Dallas Willard

The soul breaks forth with devotion to God and His glory.

1 Chronicles 22:19

Deuteronomy 6:5

Luke 1:46

The soul finds its rest & purpose in God.

Psalm 62:1

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”

Matthew 11:28-29

The soul rejoices in the delight & praise of God.

Psalm 104:1

Psalm 108:1

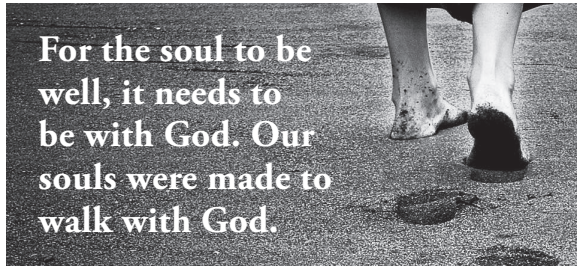
Psalm 35:9

Agree or disagree: the soul is most satisfied when it is in tandem with Jesus. Why?

The soul can be under attack.

1 Peter 2:11

In what ways?



“In an age of materialism and consumerism that tries to buy its way to happiness, many souls are starved, unhealthy, and unsatisfied by false promises of status and wealth. We’ve overlooked or ignored the soul like a panhandler on a busy street corner. So we focus on ourselves or the fleeting temporal concerns of the world while the soul lies hurting, dormant and neglected.” ~ John Ortberg

The eyes are the window into the soul.

“The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light.”

Matthew 6:22



EXERCISE 3

LIVE IT OUT

A keeper is someone who is in charge of caring for, maintaining, or protecting something. For example, there are innkeepers, zookeepers, bookkeepers, groundskeepers, housekeepers, peacekeepers, shopkeepers, gatekeepers, beekeepers, etc. What role have you been playing in being a healthy keeper of your soul?

The salvation of our soul is not just about where you go when you die. The word salvation means healing or deliverance at the deepest level of who we are in the care of God through the presence of Jesus. Sooner or later, your world will fall apart. What will matter then is the soul you have constructed.

Mr. Spafford invested most of what he had in real estate. He lived in Chicago and lost everything in the Great Chicago Fire of 1871. It destroyed his home and they had no insurance. He lost most of his money. In 1873 he put his wife and their four daughters on a ship heading to England as he stayed behind to try to resurrect his business. A few days after the ship departed, he received a telegram from his wife: “Saved alone. What shall I do?” There had been a shipwreck. All four of their daughters perished. Spafford quickly boarded another ship to England, and as it passed over the very same place in the ocean where his daughters had drowned, he wrote these words:

*When peace, like a river, attendeth my way,
When sorrows like sea billows roll;
Whatever my lot, Thou hast taught me to say,
It is well, it is well with my soul.*

- What makes it well with your soul?
- How might involving yourself in a short term missions opportunity cause your heart to soul for the purposes of God?

COMMIT TO MEMORY:

PROVERBS 62:1

“My soul finds rest in God alone; my salvation comes from him.”

MARK 8:36

“What good is it for a man to gain the whole world, and yet forfeit his soul?”

OUR NEXT MEETING:

Date & Time:

Location:



SEX & PURITY

session eight

If you've ever fought the battle of sexual purity, you know that it's far more complex than simply abstaining from having sex. Sexual purity may be expressed by what you do with your body, but it is rooted in your mind, your heart, and your soul.

Many of our spiritual battles are represented by the clash of truth and lies. Satan was called "the father of lies." Jesus said of Satan that he has never spoken the truth because lying is his native language. By contrast, Jesus was called the "Truth." Throughout the Gospels, He began His teaching with this phrase: "I tell you the truth."

I see a lot of confused men today who are being pulled by the lie of the culture, the enemy, and from their own faulty thinking. Can victory be found in the area of purity? Can purity rise to the surface instead of my lustful passions? Yes! Be encouraged my friend, **this is not a time to give in, but a time to dig in.**

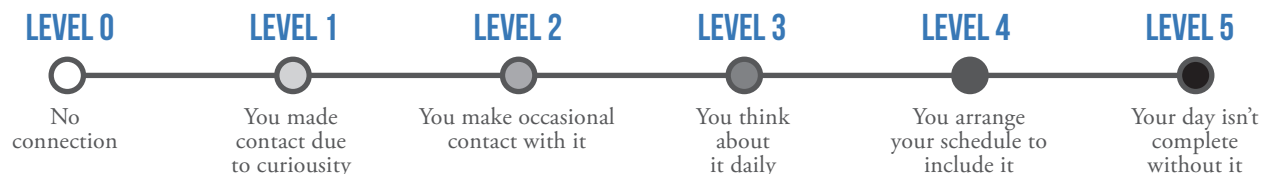


EXERCISE 1 TALK IT THROUGH

vo-year-ism - the practice of gaining sexual pleasure from watching others when they are naked or engaged in sexual activity.

1. Do you remember when you were first exposed to some form of pornographic material? How did it affect you?

What level of sexual involvement are you at which is outside of the boundaries of marriage?
(This would involve viewing of online pornography, magazines, masturbation, DVD's, escorts, strip clubs, etc.)



2. Why do you think men who have a problem overcoming sexual temptation are hesitant to tell anyone of their struggle?

Go to YouTube and search: What Gorilla?



EXERCISE 2

SCRIPTURE - RAISE THE STANDARD

Look up the following verses with your mentor or the person you are mentoring. What insights, warnings, or encouragement do these verses give you?

Proverbs 5:15-21

Proverbs 28:13

1 Corinthians 6:12-20

2 Corinthians 7:1

1 Thessalonians 4:3-8



Nothing has stolen more dreams, dashed more hopes, broken up more families, and messed up more people psychologically than our propensity to disregard God's commands regarding sexual purity.

~ Andy Stanley



EXERCISE 3

LIVE IT OUT

Trying to overcome sexual temptation can be overwhelming to some, but it's important to remember that this battle is not to be fought alone. The reality is that most men struggle in this area of life. The key is not to give up, but to dig in and work in tandem with the Lord on the areas below so the victory will be sweet.

1. **Confess** – before we can win the battle over sexual temptation, we have to be honest and get real with God. This involves the first part of two messy but powerful and liberating conversations. The first is to lay your baggage at the feet of Jesus. To confess and share your struggles to our loving God who is willing to forgive and bring you back into right fellowship with Him. He already knows about your struggles, so don't think for a second you can hide them from Him. Confessing your struggle of sexual temptation is a sign of surrender and submission. You are acknowledging that overcoming this on your own is impossible and you need His power to be victorious.

Question: Is there something you need to confess to the Lord right now? Do not let guilt keep you from approaching the Lord.

2. **Be transparent** – the second part is to be transparent with a trusted friend. Satan wants you to believe you can fight temptation alone in your own flesh. Satan's goal as a liar is always to steal, kill, and destroy (John 10:10). He wants to steal your joy, kill your passion, and destroy your character. God's Word gives us a different goal and set of instructions. "Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective." (James 5:16)

Question: Are you willing, right now, to be transparent and tell your mentor or the one you are mentoring the struggles you are having with sexual temptation?

- 3. Clean it Up** - once you've confessed to the Lord and to a close friend what causes you to stumble, then it's time to clean house. This may require burning your porn stash, deleting saved websites, even smashing your computer or mobile phone. To break the chains of sexual temptation, you will need to take some forceful actions that indicate you mean business about seeing victory in this area. It may require you to cancel your cable or internet package or to move your computer to a public area of the house where your wife has the password for you to log on. The process of cleaning up externally is contingent on your desire to clean up your life internally. This takes a daily commitment of saturating your heart, soul, and mind in the Word of God so that the holiness of God will replace the perverseness of sexual voyeurism.

Question: What external areas need to be dismissed and destroyed in order to conquer this gorilla in your life?

COMMIT TO MEMORY:

PROVERBS 28:13

“He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy.”

OUR NEXT MEETING:

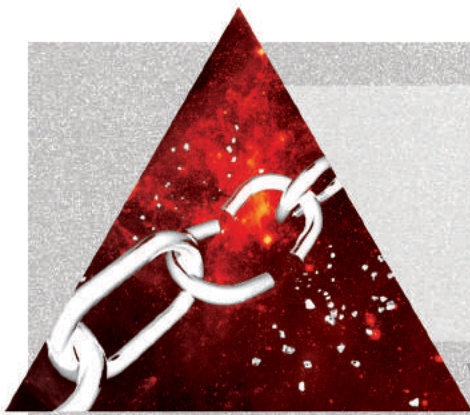
Date & Time:

Location:

Further Viewing:

Watch the movie *Fireproof*

NOTES



FORGIVENESS

session nine

Setting the Captive Free

The world speaks more about revenge and holding a grudge than they do about forgiveness. They don't understand what forgiveness entails or what is required in the act of forgiveness. What attitude or approach must we take for true forgiveness to occur in our lives?



EXERCISE 1 TALK IT THROUGH

1. Can you think of a time when you were betrayed, hurt, slighted, or treated unjustly by another? How did these hurts affect you? Your relationships? Your attitude?
2. In your own words, what would be a sufficient definition of forgiveness for you?
3. We have two choices:
 - hold a grudge toward another by vowing to make the perpetrator suffer, or
 - extend to the person the same grace and forgiveness Jesus extends to us.

Which one of those choices will fill the “tank” of your flesh and which one will provide present and future healing, restoration, and freedom for your soul? Why?

Go to YouTube and search:

Bitterness, Justice, and Forgiveness – John Piper



EXERCISE 2 SCRIPTURE - RAISE THE STANDARD

1. Which is more difficult for you:
 - extending forgiveness to someone who has hurt you, or
 - asking forgiveness to someone you have offended?Why?

2. Joseph – An Example of Forgiveness

Read Genesis 37:12-36

Joseph is stripped of his coat, separated from his father, betrayed by his brothers, sold as a slave, and then carried off to a foreign land to live as a slave. How would we expect someone like Joseph to extend forgiveness after being harshly treated in so many different ways?

Read Genesis 45 and 50:1-21

How does Joseph extend forgiveness to his brothers instead of holding a grudge?

3. Jesus – the Ultimate Example of Forgiveness

When it comes to forgiveness as a believer, Jesus set the standard for forgiveness because he paid the ultimate price. Through Jesus, people can have a personal relationship with God and have their penalty for sin removed. Christ never held a grudge, though he was betrayed. He never sought revenge, though he was mocked and ridiculed.

Christ paid for mankind's debt by taking upon himself the enormous weight of the world's sins. He did this with an attitude of love and humility. In return, believers should be able to forgive the debts of offenses against them, which pales in comparison to what Jesus withstood.

Read:

- Romans 6:23
- 1 Peter 2:21-25
- Ephesians 4:32
- Colossians 3:12-13

**HOLDING A GRUDGE
DOESN'T MAKE YOU
STRONG; IT MAKES
YOU BITTER.
FORGIVING DOESN'T
MAKE YOU WEAK; IT
SETS YOU FREE.**



EXERCISE 3

LIVE IT OUT

Forgiveness is powerful, but it can be difficult. As you work through this process remember: **Jesus commands us to forgive.** (Mark 11:25-26)

Forgiveness is not a feeling; it's a decision.

Let's say you begin a workout regimen. You don't feel like getting up at 5 o'clock every morning to sweat and push your body to its limits. It's a decision you make because you know it's good for you. Eventually, you begin to see the effects of your decision. The process of forgiveness can be much like that dreaded first workout. You may not feel like forgiving, but if you decide to forgive and work each day at allowing your heart to forgive and move on, the feelings will eventually follow.

Forgiveness depends on you, not the person who hurt you.

When we hold onto the hurt and refuse to forgive those who have hurt us, our heart becomes chained and hardened. (See Galatians 5:1) Through the power of Christ, forgiving others sets our heart free!

Forgiveness allows you to look to the future instead of dwelling on the past. We cannot rewrite history, but we can steer our lives toward a future of hope and healing. With God's help and the power of His Word you can let go of the past and walk in His promise for your future. (See Jeremiah 29:11)

Jesus is our example. As He hung on the cross, having been beaten, spit upon, falsely accused, flogged, pierced, and mocked, He pleaded with God the Father, "Father forgive them, for they do not know what they are doing." (Luke 23:34)

After reflecting on your past hurts and reading what scripture says about forgiveness, are you willing to let go of the hurts you have experienced? Are you in a place where you're ready to ask God to change your heart? Explain.

"Dear God,

I am struggling under the weight of the hurts I have suffered. I realize by holding onto them, I forfeit the joy you have given me in you. I understand that the first step in the healing process is for me to forgive. Today, I chose to begin by acknowledging that _____(person's name) hurt me.

Some days it feels like I will never get past this hurt, and sometimes I don't want to let go. I do not want this to become my identity. If I let it go, I'm not sure how that will affect other parts of my life. If I don't let it go, I will continue to harbor bitterness and anger, which will only feed my flesh and rob me of your peace. I know that you created _____(person's name) in Your image, so he/she must be special to you.

I am choosing this day to forgive this person for the hurts I've suffered because of his/her actions. John 8:36 promises me "so if the Son sets you free, you will be free indeed." Today, Jesus, I ask you to set me free from the bondage of unforgiveness. I know I may not feel a change right away, but I believe Your Word, and I believe that healing for my heart begins today. In Jesus name, Amen."

Date: _____

COMMIT TO MEMORY:

EPHESIANS 4:32

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

OUR NEXT MEETING:

Date & Time:

Location:

Further Reading & Discussion:

When You've Been Wronged by Erwin W. Lutzer



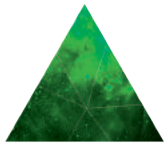
TIME MANAGEMENT

session ten

Discovering Your Place In Life

Time management is an important skill that can affect every area of your life. Effective time management benefits your family, career, health, and relationship with Christ. Regardless of what activities fill your time, there are biblical standards when it comes to time management.

“Time is what you want most, but what we use worst.”
~ William Penn



EXERCISE 1 TALK IT THROUGH

1. What thoughts primarily fill your mind throughout the day?
2. Typically, what is the first thing you think about when you wake up?
3. What would you say is God’s specific purpose for your life?

4. What are things you enjoy doing that refresh you?

Your answers provide valuable insight into your priorities. It is difficult to maintain effective time management when priorities are not in order.

Go to YouTube and search:

How to Manage Your Time Better





EXERCISE 2

SCRIPTURE - RAISE THE STANDARD

1. Write out Ephesians 5:15-16 and underline key words or phrases.

How are you making the most of your opportunities?

Are you embracing or neglecting opportunities that come into your life?

Would you say you are a wise manager of your time or a procrastinator? Why?

2. Write out Psalm 139:1-4

God perceives our every thought. How does that change how you prioritize your life?

3. Write out Matthew 6:33

What is the priority the Lord desires for you in this verse?

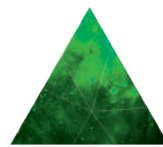
Priorities will tell you everything you need to know about a person.

In what way will this help you with all the added things in your life?

4. Read Haggai 1:1-15

What concern does the Lord have toward the Jews who returned back to their homeland?

Were their priorities correct?



EXERCISE 3

LIVE IT OUT

1. What urgent things are crowding out the important things in your life?
2. Name one thing you can begin doing to make better use of your time.

COMMIT TO MEMORY:

PROVERBS 16:9

“In his heart a man plans his course, but the Lord determines his steps.”

OUR NEXT MEETING:

Date & Time:

Location:

Further Reading and Discussion:
Halftime by Bob Buford

NOTES



MARRIAGE

session eleven

To have and to hold from this day forward.

“A healthy marriage is about three things: Memories of togetherness, forgiveness of mistakes, and a promise to never give up on each other.”



EXERCISE 1 TALK IT THROUGH

1. Growing up, were your parents married or divorced? Or did you have a single parent for other reasons?
2. Were your parents best friends who loved each other, or did they argue and insult each other?
3. From your observations, how did your dad treat your mom? How did your mom treat your dad?
4. Would you say your marriage is similar to your parents' marriage, or does your marriage look very different from the one you saw growing up, and why?

5. Can you identify people you know who have a healthy marriage? What stands out about their marriage?

Go to YouTube and search:

Elizabeth Forgives Tony War Room 2015



EXERCISE 2 SCRIPTURE - RAISE THE STANDARD

1. Look up the following verses. Beside each one, write the purpose or reason for marriage.
 - Genesis 1:26
 - Genesis 1:28
 - Genesis 2:18

“Your marriage is your most important earthly relationship. It is worth your time, effort, your forgiveness, your humility, your struggle, and your grace.” ~ Crawford Loritts

- 1 Peter 3:7 - “Likewise, husbands, live with your wives in an understanding way, showing honor to the woman as the weaker vessel, since they are heirs with you of the grace of life, so that your prayers may not be hindered.”

This verse tells us that we are to love our wives in an understanding manner. What does this mean to you?

This verse also tells us we are to honor our wives. In what practical ways in your words, actions, and attitude should you be honoring your wife?

2. **Honor = to assign value to a person. What that person says or does holds great worth or weight.**

“After interviewing hundreds of wives and daughters, there is one consistent plea that is commonly asked by them of all of their fathers and their husbands:
please be comforting instead of lecturing and criticizing”

~ Gary Smalley

Read Ephesians 5:22-33

What is God’s purpose for marriage according to these verses?

How much did Christ love the church?



EXERCISE 3 LIVE IT OUT

No marriage is perfect, but your marriage should be moving in a forward direction as it demonstrates the love that Christ has for His bride, the church.

From the list below, what may be some possible issues that arise in your marriage that can become an obstacle in moving forward to a healthier marriage?

- unmet or unrealistic expectations placed on your marriage, yourself, or your spouse
- lack of balance – your relationship with God, your spouse, and your children is out of balance due to today’s fast-paced lifestyle
- selfish pursuits – “in the quest for something ‘I’ wanted, I lost what ‘we’ were meant to have in our marriage.”
- hurt and unforgiveness
- regret or guilt
- feeling alone with little or no support
- financial issues
- in-law issues
- communication issues

After you have identified some of these areas which may be keeping your marriage from moving forward, consider the following: meeting with your pastor, seeking marriage counseling, or even attending a conference put on by Family Life Ministries (familylife.com - search for Weekend to Remember).

“The woman was not taken from man’s head to be above him; she was not taken from his feet to be walked on by him; but she was taken from his side to be close to him, from under his arm to be protected by him, near to his heart to be loved by him.”

~ Matthew Henry

COMMIT TO MEMORY:

EPHESIANS 5:25

“Husbands, love your wives, as Christ loved the church and gave Himself up for her.”

OUR NEXT MEETING:

Date & Time:

Location:

Further resources:

Plan a movie night and watch the movie *War Room*.

Go to familylife.com and click on *marriage*.



FATHERHOOD

session twelve

The Power of Influence

“My father gave me the greatest gift anyone could give another person; he believed in me.” ~ Jim Valvano



EXERCISE 1 TALK IT THROUGH

1. Did you grow up with a dad in your life? If you could give one word that best describes your relationship with your dad, what would it be? Why?
2. What are some of the most significant memories you have of your father?
3. Was your dad an encourager or a discourager as you were growing up? In what way did he help you to pursue your dreams? Did he believe in you?

4. If you're a dad (or plan to become one), what values do you want to instill in your children?

Go to YouTube and search:

Courageous Scene: Finishing Well





EXERCISE 2

SCRIPTURE - RAISE THE STANDARD

1. Look up the following verses and discuss what kind of Father God is to us as His children and what kind of earthly Father we should be to our sons/daughters.

- Deuteronomy 6:6-9

- Joshua 24:14-15

- Psalm 103:13

- Proverbs 4:1-9

- Proverbs 20:7

- Ephesians 6:4

— ○ —
*A truly rich man is
one whose children
run into his arms,
even when his
hands are empty*
— ○ —

2. **Building Monumental Moments for Your Children**

Read Joshua 4:1-24

- What are some memorials you are showing or telling your children that will impact and influence them in how they walk with God?

- Finish the sentence:

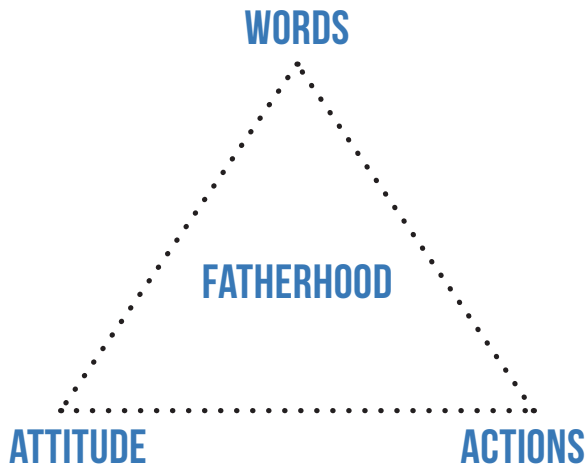
At the end of my life, I want my children and grandchildren to know ...



EXERCISE 3

LIVE IT OUT

From the triangle below, what are some practical ways you can be the father that God has called you to be in your words, actions, and attitudes?



Three things I need to put into practice or quit doing when it comes to my **words** toward my children:

- 1.
- 2.
- 3.

Three things I need to put into practice or quit doing when it comes to my **actions** toward my children:

- 1.
- 2.
- 3.

Three things I need to put into practice or quit doing when it comes to my **attitude** toward my children:

- 1.
- 2.
- 3.

COMMIT TO MEMORY:

DEUTERONOMY 6:6-9

“And you must commit yourselves wholeheartedly to these commands that I am giving you today. Repeat them again and again to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up. Tie them to your hands and wear them on your forehead as reminders. Write them on the doorposts of your house and on your gates.”

OUR NEXT MEETING:

Date & Time:

Location:

Further Reading:

The 21-Day Dad's Challenge by Carey Casey

Listen to:

Watching You by Rodney Atkins

NOTES

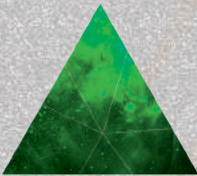
CONGRATULATIONS!

You have just completed our Alignment Mentoring Series. We trust you've enjoyed it and were challenged to "align" your life to live and finish well for the glory of God. Whether you mentored someone through this process or someone mentored you, we trust there will be fruit that comes forth that will transform your life for years to come. The good news is that this is not an end in and of itself, but an opportunity to pass on to another what you have been taught.

Your next challenge is to be praying for two other men who you can begin to pour into, so they can be blessed as you have been. Discipleship is never to be a one-and-done kind of mentality, but a one-and-then-some kind of mentality.

We must multiply our efforts as Christians, because addition won't keep up with the population growth. Therefore, let's be part of the solution by fulfilling what 2 Timothy 2:2 states:

"And the things you have heard me say in the presence of many witnesses entrust to reliable men who will also be qualified to teach others."





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