

## MENS LEADERSHIP X DEVELOPMENT PLAN

### CHARACTER FORMED

*Character Formed (Laundry Room) | Ask each other these questions:*

<p>1. Develop an accountability relationship with a trusted male peer.</p> <p>2. Meditate on the fruit of the spirit and what the passage means to you <i>(Galatians 5:22-26)</i></p>	<p>3. Ask 3 trusted people which fruit they have seen in your life. <i>(1 friend, 1 family member, 1 mentor or leader)</i></p> <p>4. What are some of your growth opportunities?</p>
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### THEOLOGICALLY SOUND

*Theologically Sound (Library) | Spend the next 21 days reading the Book of John*

**Devote 20 minutes** to reading your bible for 7 days consecutively. **Read** through the Gospel of John. Spend the first fifteen minutes of your morning on your knees in prayer.

### PHYSICALLY READY

*Physically Ready (Garage) | Practice these disciplines to be physically ready*

Look up the recommended caloric intake for your height and weight. Develop a 21-day eating plan based on the recommended intake. Try to spread out your recommended calories over several meals a day, minimum 3, ideally 5 or 6.

Develop your own home workout plan 15-20 minutes per day using your bodyweight or any items you have immediately available.

Tithe 10% prayerfully remembering your source *(Psalm 24:1 NLT/NIV)*. Identify personal areas of overspending or potential areas of budget margin.

### SPIRITUALLY ACTIVATED

*Spiritually Activated (Bedroom) | Download the YouVersion Bible app*

Create a dedicated **“worship space in your home”**. Clear it out and eliminate distractions from the space. Place a chair in the corner opposite you for Jesus. Meet him during your quiet time and speak as though he were sitting there in front of you.

Utilize the A.C.T.S. prayer method for your quiet time *(Adoration, Confession, Thankfulness, Supplication)*

### OTHERS ORIENTED

*Others Oriented (Kitchen) | Love others!*

Prepare small “give-away” bags to carry with you in your car. Hand off to individuals in need when you pass them driving.

Host a virtual hang out or meet-up with connect group members and/or serve team friends using Google hangouts, FaceTime, Zoom, Go To Meeting, Crowdcast or any other option available to you.

### RELATIONALLY APT

*Relationally Apt (Living Room) | Get Connected!*

Send a card to a neighbor or friend you haven't seen in some time. Remind them that you are praying for them. Call someone elderly *(grandparent, uncle, aunt)* in your life and remind them what they mean to you and pray for them.