

# **My Manhood Plan**

## **For My Life as a Godly Man**

**This Book Belongs to:**

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**My Decisions + My Choices**

**= My Direction**

## **My Manhood Plan for Building a Life as a Biblical Man of God**

The world needs men to be men by showing themselves to be Godly men! Not by the world's standards as we are warned in Romans 12:2, but by God's standards. Biblical manhood is a matter of the heart, and is manifested and matured by a commitment and obedience to the Word of God. Real men are men of integrity, internal strength in Christ, and courage, willing to do what is right and to stand for truth at all times and in all circumstances.

Charting your life map takes time. It is a process. Most likely, you will not chart your life map overnight. It will unfold to you. God will use others to help you make discoveries; and with the work of His Spirit, He will help you gain insight into your life's path so that you can serve His purpose during your lifetime.

While our past has helped create the man we are today, we don't want to focus on the past when developing our Manhood Plan. During the development of your Manhood Plan you will reflect back on things that have occurred in your life, but the past must not be the focal point. This exercise is about looking ahead and moving forward.

The Manhood Plan is divided into five different steps. The five steps have a series of questions that are designed to drill into specific parts of your life getting you to focus on your walk with Christ and being a Man of God. Take the time to pray before you start your journey asking God to open your eyes and heart allowing you to see yourself as He sees you. And ask for clarity as you build your Manhood Plan.

### **The Five Steps are:**

**Step One** – Awakening, Discovering Who I Am

**Step Two** – Awareness, Where Am I

**Step Three** – Pivot/Changes – Turning My Life Around to Become a Godly Man

**Step Four** – Accountability, Building Your Circle of Men

**Step Five** – Legacy, How Do You Want to be remembered

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Remember, this is “your” Manhood Plan. No one else but you knows what goes into your plan unless you decide to share it with others. Only you know where the truth starts to fade and your selfishness to look good takes over.

### **Psalm 90:12:**

<sup>12</sup> *Teach us to number our days,  
that we may gain a heart of wisdom.*

### **Psalm 139:23**

<sup>23</sup> *Search me, God, and know my heart;  
test me and know my anxious thoughts.*

### **Ephesians 5:15-16:**

<sup>15</sup> *Be very careful, then, how you live—not as unwise but as wise,  
<sup>16</sup> making the most of every opportunity, because the days are evil.*

### **Proverbs 16:**

<sup>2</sup> *All a person’s ways seem pure to them,  
but motives are weighed by the LORD.  
<sup>3</sup> Commit to the LORD whatever you do,  
and he will establish your plans.*

### **Proverbs 4: Obtaining Wisdom**

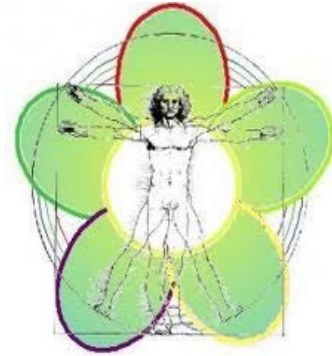
- a. Acquire Wisdom
  - a. God’s Word
  - b. Prayer
  - c. Accountability Partner
- b. Avoid Evil
  - a. Stay Out of Compromising Situations
  - b. Accountability Partner
- c. Set a Straight Path
  - a. Tame Your Tongue
  - b. Look Ahead (Plan)
  - c. Don’t Stray Off the Path (Plan)
  - d. Recalculate – “Getting Back on the Path”

# My Manhood Plan for Building a Life as a Biblical Man of God

## Step One

### Awakening – Discovering Who I Am

**Proverbs 15:21** says/ *“The empty-headed treat life as a plaything; the perceptive grasp its meaning and make a go of it”* (MSG). God creates each of us to love and fear Him, be a part of His family, and grow in Christlikeness. But few of us know what this means for our unique design. We need a life map to guide our journey and help us discover what these truths mean for us individually.



Remember, the awaking step is a journey of discovery. The insights gained into current realities in our lives opens our hearts to what God is trying to say and where He is trying to lead us. At some point in the process, it’s like a light goes on and we get a clear awareness of who we are and are not. In this step we want to take a look at where we are in some of our relationships. More importantly we want to take a look at ourselves. We will need to reflect back on some of our past or other relationships. Again, we don’t want to focus on the past. But sometimes before we can move forward we have to deal with and solve passed issues.

Review the following questions and fill in the answer that you feel best describes you or your relationship. Sincere questions require frank and honest answers. Take a deep breath, and start your journey of discovery!

### A Look Back

What personal strengths do I presently have that are due to positive experiences and good people in my past? How can these strengths and assets aid me in my journey to authentic manhood?

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What unfinished business undercuts my journey to manhood?

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What past mistakes do I still need to deal with fully? (i.e.: confess and be forgiven for, make resolution for, accept responsibility for, etc.)

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### A Look at Now

How do I evaluate myself as a Man in today's standards?

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Do I or have I lived up to my earthly Father's Expectations? Explain how you have or where you have fallen short. How has this impacted you as a man?

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How do I evaluate myself as a Godly Man? Am I living up to God's Expectations?

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## My Manhood Plan For Building A Life as a Biblical Man of God

What does my Heart say about my life, is it filled with Christlikeness or is it filled with selfish ambitions?

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What does my daily life say about My Heart? Are my actions or the way I treat others Christ like?

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# My Manhood Plan for Building A Life as a Biblical Man of God

## Step Two

### Awareness - Where Am I

You have defined who I am in Step One and where I think I am in some key relationships. Now it is time to take a deep breath and an honest reflection at ourselves. There are four different stages of awareness. They are defined below as Awake,

Slumber, Asleep and Comatose. Study each stage carefully, then honestly identify how it relates to the situations listed below.



### The Stages of a Relationship

**You are Awake** – This part of your life is going well. Things are right. You are “hitting on all cylinders” or “living in your zone.” You are satisfied with the level of your alertness to your desires, goals, and dreams in this area of your life. You are in a healthy place spiritually – satisfied with your level of connection to God and learning the joy of walking with Him fully surrendered and committed to the path He has you on. You are awake to your needs for physical health and discovering your habits and rhythms for health. Your personal relationships are going well and your hearts desires for life are clear.

**You are in a Slumber** - Some areas of your life are not clear, not where you would desire them to be. It’s as if you are neither fully awake nor completely tuned out. You are in the stage of twilight between full alertness and sleep. You’re not seeing things clearly. You may be bored and burned out with life in general and not understand why. Or you might feel that your marriage or a personal relationship has been stale for some time and you don’t understand why you feel this way. Or you might be confused about how you can use your talents and gifts in your church or the men’s ministry.

**You are Asleep** – Some things in your life are just not right, and you know it. But you are choosing to ignore these issues. It’s not a slumber, because you know it’s blatantly wrong. You’re not confused, in fact you know the issue is clearly wrong and needs attention but you have chosen to deny it. It’s as if you are sleepwalking in these areas of your life. A child of yours might desperately need your attention and focus, but you are refusing to reconnect. Your marriage or a personal relationship might be in trouble, and you’ve been ignoring this reality. Or you are aware of how the spiritual enemy has sabotaged a relationship with a friend or neighbor, and it’s time to awaken to this reality and move forward toward reconciliation. You may ask, how can a sleeping man know if he is asleep? Good question! That is why we need Godly friends, our wife, and girlfriends to help us identify these “asleep” areas in our life. Allow them to probe and prod into your

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heart and life, restrain from defending yourself, commit to listening and learning what you may not see, and set the course of your heart to grow toward awakening in these areas.

**You are Comatose** – You may be more than asleep in some areas of your life. Comatose issues are in red-alert status – in the intensive care unit. Your marriage or a personal relationship may be near breakup and you don't have a clue. You are lost to the reality of life around you or you are living in denial. Again, you will need your Godly friends, Godly wife, or Godly girlfriend to help you discern and identify these issues in your life that fall into this comatose category.

### Self-Analysis

Based on the current stage of my life as I defined myself in Step One, how would I define the following relationships?

Which stage best defines my relationship with God?      Awake    Slumber    Asleep    Comatose  
                                                                 

Explain Why!

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Which stage best describes time spent with God?      Awake    Slumber    Asleep    Comatose  
                                                                 

Am I in the word every day? Do I spend time in prayer talking and listening to God every day?

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What stage best describes my authenticity?

Awake

Slumber

Asleep

Comatose

Do I have a band of brothers around me to help guide me?

Explain!

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What stage best describes my marriage and my relationship with my wife?

Awake

Slumber

Asleep

Comatose

If you are single, describe your relationship with your girlfriend, or fiancée?

## My Manhood Plan for Building A Life as a Biblical Man of God

Explain:

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What stage best describes my sexual awareness?

Awake

Slumber

Asleep

Comatose

Do I still pursue my wife in a healthy way?

Do I avoid the temptations around me?

Am I learning how to express my sexuality in healthy ways?

Again if you are single, are you pursuing your girlfriend or fiancée in a healthy way?

A way that honors God?

Explain:

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## My Manhood Plan for Building A Life as a Biblical Man of God

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What stage best describes my relation  
with my family?

Awake

Slumber

Asleep

Comatose

Explain:

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What stage best describes how my  
relationship with God is viewed at  
work?

Awake

Slumber

Asleep

Comatose

Explain:

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**My Manhood Plan for Building A Life as a Biblical Man of God**

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How do these relationships line up with my position as a Godly man and my responsibilities as defined in Step One?

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# My Manhood Plan for Building a Life as a Biblical Man of God

## Step Two A

### Am I Satisfied?

As I look at my life and how I have defined it and my relationships in the preceding section, am I satisfied? In review of the comments and remarks defining my relationships – was I truthful?

Are my life and my relationships where they need to be? What areas am I really satisfied with? Where am I struggling? What are the obstacles keeping me from doing the right things?

### Where Am I Satisfied?

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### Where am I Not Satisfied?

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## **My Manhood Plan for Building a Life as a Biblical Man of God**

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**Where Am I Struggling?**

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**What Are The Obstacles Holding Me Back?**

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**My Manhood Plan For Building A Life as a Biblical Man of God**

**Step Three**

**“Pivot - Changes” – Turning my life around to become a Godly Man.**

Now that you have taken an honest look (and I hope you have) at your relationships and areas where you are and are not satisfied, what changes do you need to make to correct the areas in your life where you are not satisfied? What do you or how do you deepen your walk with God and improve your other relationships? Even in the relationships you are satisfied with, how can you make them better?



Pivoting:

What changes do I need to make in my life? What decisions and choices do I need to make to point my life in the right direction?

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**My Manhood Plan For Building A Life as a Biblical Man of God**

What do I need to change in my relationship with God?


**Spend more time in the**

**Spend more time in**

**Spend more quite**

**Word** 

**Prayer** 

**Time** 

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What do I need to do to change in my relationship with my Wife? My Girlfriend?  
My Fiancée?

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## My Manhood Plan For Building A Life as a Biblical Man of God

What do I need to change in my relationship with my Family?

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What do I need to change at Work? Or at school?

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What do I need to change in **ME**?

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**My Manhood Plan For Building A Life as a Biblical Man of God**

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**Notes / Reflection:**

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# My Manhood Plan For Building A Life as a Biblical Man of God

## Step Four

### Accountability – Building your Circle of Men

When Christ entered your life and gave you a new heart, he made you into a “new creation” (2 **Corinthians 5:17**). Not only does He restore our hopes and dreams, but God fills our heart with faith for our future. When He does, it doesn’t take long to discover that we are engaged in a relentless battle as long as we are in this world. And it is a battle for the heart: your heart as well as the hearts of those around you!



Now that you have almost completed your Manhood Plan, you will need other godly men to encourage you and help you live and carry out your plan. You will need other men to help you follow through and practice what you know to be true about who you are, what you must do, and who you will become.

### Band of Brothers

What steps am I going to take and what am I going to set up to ensure that I am accountable. Who do you have in your life – what men or band of brothers do you walk live with? Men that you can share your plan with, without fear of judgment and Men that will hold you accountable.

#### Get Five

List five Men in your life that are friends you trust and share life with!

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## My Manhood Plan For Building A Life as a Biblical Man of God

### Continuing to Grow – Mentoring or Discipleship

Who do you have in your life? What man do you go to when you need advice or wise council? Who is your Paul?

Who do you have in your life? What man/young man are you're mentoring or pouring yourself into? Who is your Timothy?

Who is your closest friend? Who is the man you can tell any and everything to without fear? Who is your Barnabas?

### Paul – Timothy – Barnabas

These relationships should be the closest three men in your life! These are men that pour their lives into you and that you pour your life into. (These are not just casual relationships)

<b>Paul</b>	
<b>Timothy</b>	
<b>Barnabas</b>	

### High 5

Men I am praying for to find a personal relationship with God.

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## My Manhood Plan For Building A Life as a Biblical Man of God

### Top Five Priorities in my life!

It's easy to let our pride take over and write down the things we know sound good. But, what are the things really important to you? What are the top five priorities in your life? There is a saying, look at a man's calendar and checkbook and you'll see what's important to him! You can tell what is important by seeing where he is spending his time and money. So, what does your calendar and checkbook say about you? What comes first in your life? Before everything else, what is the one thing you will not miss nor give up? What comes next? Then number three and so on.

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2. \_\_\_\_\_

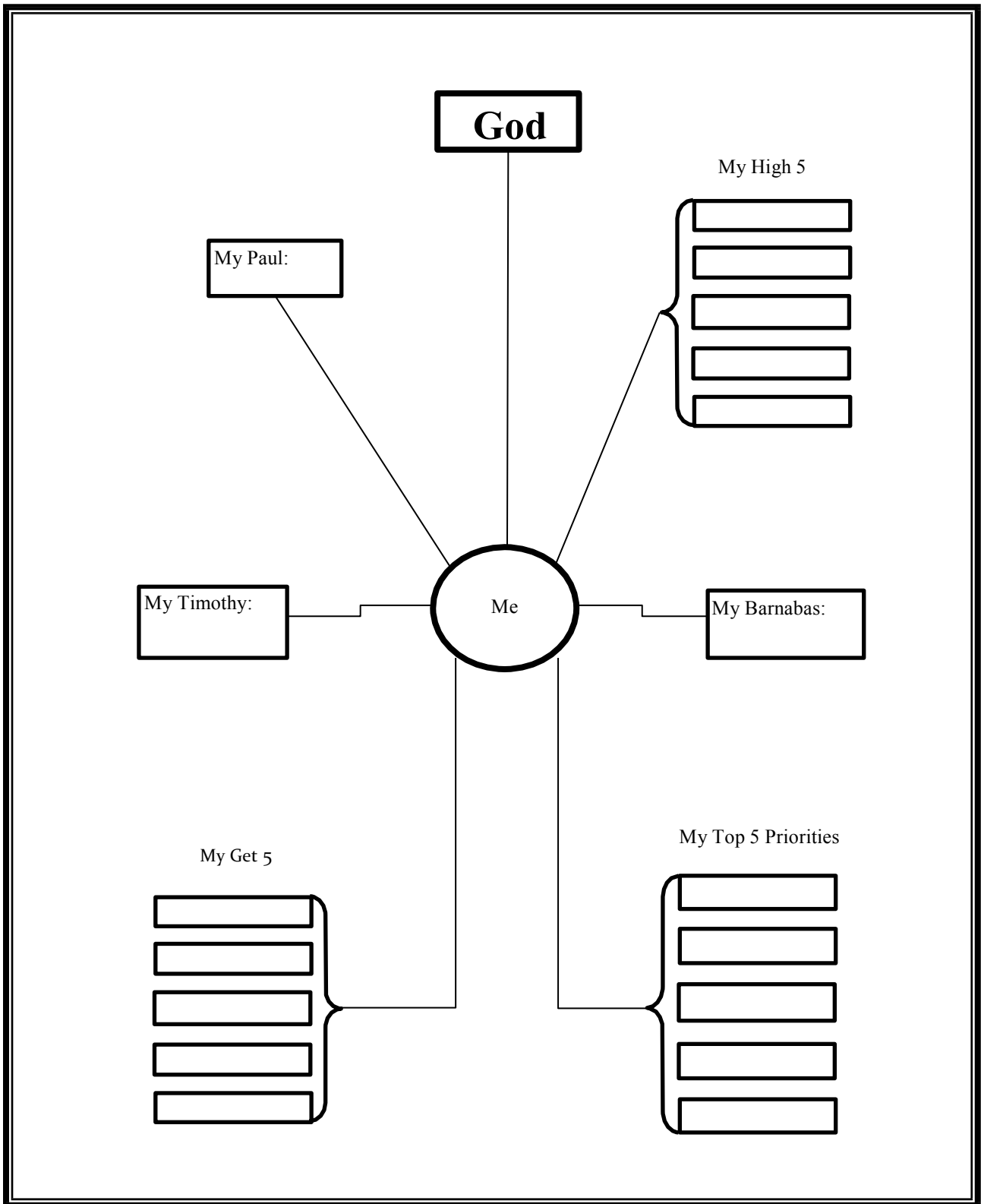
3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_



# My Manhood Plan For Building A Life as a Biblical Man of God



## My Manhood Plan For Building A Life as a Biblical Man of God

### Step Five

#### Legacy – How do you want to be remembered after you're gone?

Everyone leaves a legacy, for good or bad. Few men consider their life legacy long before they die and leave it. It is possible for you to tap into God's unique design and its implications for all areas of your life: your personal life, home life, work life, church life, community life, and friendships. But it doesn't just happen. A life lived with intention and in alignment to God's design and vision for that life is a process of discovery, focus, and adventure.



**Yesterday, I was the man I was and that time is gone! Today, I am the man I am and that time is fading! Tomorrow, I will be the man God intends me to be and that time is mine to grasp!**

If you could script two or three words that your great-grandchildren will hear about your life, what would they be or which works would you pick? These kinds of questions pull you out of your current matrix of life and challenge you to contemplate your life's purpose or meaning.

Look at David in the Bible. He is known for his courage against Goliath, his rise from a shepherd and musician to a warrior and king, his adultery with Bathsheba and murder of Uriah, and as a man after God's own heart. **Acts 15:56** sums up his life on earth in one sentence: "*When David had served God's purpose in his own generation, he fell asleep.*" What a compelling life legacy! With all his life experiences, fears, courageous living, mistakes, and flaws, David served the purpose of God in his own generation.

We too will one day "fall asleep". When that day comes, what will you leave behind? How will you be remembered? When your family and friends sit around the table and reminisce about you, what will it be about? Will they remember all the good times you shared when you were alive? Or will it be about all the times they wished you had been there? All the things you missed leaving areas of regret in the lives of those who loved you? Will you have served God to your best ability? Just as David, with all of his sins and shortcomings but still considered a Man of God?

**What is the legacy you are creating?**

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## My Manhood Plan For Building A Life as a Biblical Man of God

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Are you satisfied?

As a Husband

Yes  No

As a Father

Yes  No

As a Man of God

Yes  No

How would you want to be described by your wife?

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**My Manhood Plan For Building A Life as a Biblical Man of God**

How do you want to be remembered by your children?

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How do you want to be remembered by those who knew you?

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## My Manhood Plan for Building a Life as a Biblical Man of God

Is your Life a Reflection of the Legacy you just described?

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What do you need to change?

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## My Manhood Plan for Building a Life as a Biblical Man of God

**What is your Bucket List? What is the one thing you would like to do before you die? What are the things in life you feel you have missed?**



What specific experiences and/or memories would you like to share with your family before you fall asleep? What memories would you like to create? Memories to last a life time!

### **Bucket List**

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## My Manhood Plan for Building a Life as a Biblical Man of God

### The Finish

As we stated in the beginning this is a journey and the journey doesn't stop now that you are near the end of the Manhood Plan process. The journey is ongoing because life is constantly unfolding. But you now have a life map, a written guide to help you maneuver through and around the mountain ranges, swamps, deserts, and oceans in your life journey. Though you will need to revisit your Manhood Plan on a regular basis to adjust and edit it as life changes.

Before we finish this process, there is still one important issue we must address. That issue is the reality of time, its limitations and capacities.

Our lives on earth are but a mere dot on the time line of history. If you live seventy years, you have approximately 613,200 hours on earth to fulfill your unique role in God's eternal kingdom on earth. When you think about it, you don't have that much time left to fulfill your role in God's plan and its unfolding drama.

So we need to get real about real time. You don't have to panic or get in a hurry. You need to slow down and focus on living with the purpose and mission God has laid out for you. That is what you have been developing with your Manhood Plan. Gaining clarity about how you can live your life on earth and serve God's purpose for your generation.

Paul writes in **Galatians 5: 13-14**, *"You, my brothers, were called to be free. But do not use your freedom to indulge in the sinful nature; rather serve one another in love. The entire law is summed up in a single command: "Love your neighbor as yourself!"* As you have completed your Manhood Plan, think and plan about how you will now live the life as a Godly man. As you go forward into life remember these three words: "freedom, service, and love"! They are the three core words in the passage of Paul's letter to the Galatians.

However, there is a warning in **Galatians 5:13** for a freed heart: *"But do not use your freedom to indulge in the sinful nature."* The battle that rages within us as followers of Christ is best fought when we satisfy our desires and hunger for God. Feed the spiritual desires of our spiritual heart in Christ, and the sinful desires of the flesh will diminish. You will begin to crave the things of God more than the things of your sinful nature. When that happens, you are in the zone of spiritual freedom.

Grab Life by the Truth



Fight for what you Believe