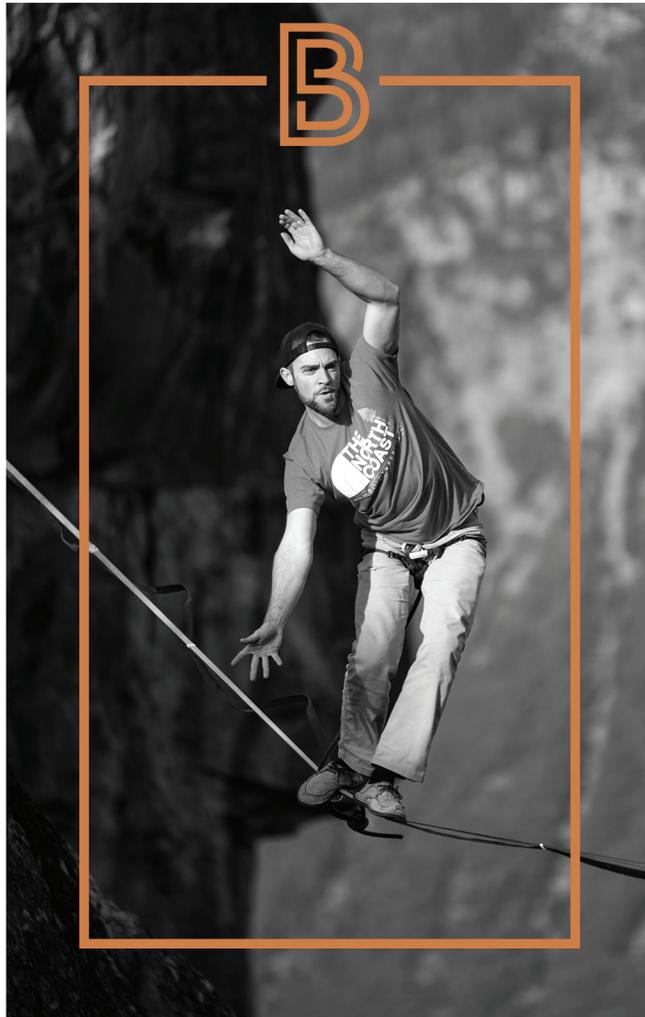


## SESSION SEVEN



**A REAL MAN COURAGEOUSLY  
FOLLOWS GOD'S WORD**



# 1 A Review From Our Last Session

**A.** We defined vibrant faith from “the good life”.

**B.** Vibrant faith...

- Begins with God’s great mercy.
- \_\_\_\_\_ when we believe God and are born again.
- Joins us to a living hope (Jesus).
- Assures us of our life in Heaven.



## 2

# Spiritual Seasons of a Man's Life:

A Season of \_\_\_\_\_.

Wrestling with the big questions of life...

- Is this life all there is?
- Is there a God? How do you connect with Him?
- Is there life after death?
- What about the Bible? Is it true?
- Did Jesus really rise from the dead?
- Is Jesus the only way to God?
- What does God think of me?
- Will I go to Heaven? How do I know for sure?
- How serious should I be about spiritual things? Where do I start?
- Why am I here? What is my purpose?

WINTER

A Season of \_\_\_\_\_.

Establishing a new life with a growing faith...

- The spiritual world begins to come alive.
- God answers my prayers.
- I experience Jesus in my life.
- I learn God's Word; it speaks to me.
- My life begins to change for the better: I think differently; I love differently; I have new values, new desires, and new hope.

SPRING



**If any man is in Christ, he is a new creature; the old things passed away; behold new things have come.**

**2 Corinthians 5:17**

A Season of \_\_\_\_\_.

Making bold changes and special contributions...

- Focus on serving others more and more.
- Generously give my money to Kingdom causes.
- Start and/or lead a ministry at my church.
- Mentor and disciple others.
- Transition full time into non-profit work.

SUMMER



**Do good, be rich in good works, be generous, and ready to share...**

**1 Timothy 6:18**

A Season of \_\_\_\_\_.

Finishing well with my life...

- Encourage/support the next generation.
- Make some final strategic contributions.
- Invest more in family and friends.
- Reminisce on God's goodness and anticipate eternity.

FALL



**I am almost used up, the time of my departure is close. I have fought the good fight, I have kept the faith, and in the future I have God and His reward.**

**2 Timothy 4:6-7**

## 3

## Three Observations About These Four Spiritual Seasons

A. No one can move you through these spiritual seasons except \_\_\_\_\_.

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The journey from one spiritual season to the next is deeply personal. It's a heart journey that only God can join you in.

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B. For a number of reasons, some men never leave the season of \_\_\_\_\_. Others will return to it from time to time.

- They stay skeptics.
- They never go “all in.”
- They become church goers, but not Jesus followers.
- They fall back into sin and doubt.

C. Successfully moving through each of these seasons requires two essentials:

- Teaming up with other \_\_\_\_\_ to share life together and grow spiritually.

“ As iron sharpens iron, so one man sharpens another.  
Proverbs 27:17

- Private time engaging \_\_\_\_\_ and \_\_\_\_\_. (Reading or listening)

“ With all my heart I have sought You... open my eyes then I may behold wonderful things from Your law. Psalm 119:10,18

## 4

## Some Practical Moves For “Teaming Up” With Other Men

A. If you are a new believer (new as in “recent” or new as in “finally serious about my faith”)...

- Seek out more established believers to meet with and together formulate a spiritual life growth plan that works for you.

“ He who walks with wise men will be wise.  
Proverbs 13:20

## 4 (Continued...)

- Master Christian basics with the help of a mentor or a small group. Make this a priority!

“ Like newborn babies, long for the pure milk of the Word so that by it you may grow in respect to your salvation. **1 Peter 2:2**

- Use online Christian resources to help you. Ask about which ones are best.
- If this applies, reveal to a trusted man (or men) any hidden habit or addiction that you struggle with that can undermine your new Christian life. Use their advice to begin addressing this issue.

“ Where there is no guidance the people fall, but in an abundance of counselors there is victory. **Proverbs 11:14**

### B. If you are a seasoned believer...

- Cultivate some spiritually solid \_\_\_\_\_ to do life with. Interact over the Bible and great Christian resources. Push one another to grow as men and pursue spiritual adventures together.

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**The best way to grow spiritually is to team up with other men.**

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- Invest yourself spiritually in younger men. Mentoring these men will bless them and you.

“ The things which you have heard from me in the presence of many witnesses, entrust these to faithful men who will be able to teach others also. **2 Timothy 2:2**

## 5 Some Practical Moves for Establishing a “Private Time” with God

“ You will seek Me and find Me when you search for Me with all your heart. **Jeremiah 29:13**

### A. Set a regular \_\_\_\_\_ and \_\_\_\_\_ for your meeting with God.

- Mornings are often best for men.
- Get alone and give God 15-20 minutes.

## 5

*(Continued...)***B. Have a good \_\_\_\_\_ Bible, pen (for notes), and a yellow highlighter.****C. Welcome \_\_\_\_\_ in.**

- Start with “Good morning God!”
- Make this a relational time. Honestly tell God where you are right now and ask Him to speak to you. Practice the presence of God. See Him as there with you!

**D. Practice the three R’s:**

• \_\_\_\_\_

(or you can listen using a Bible listening app on your phone).

- For many, a Bible reading or listening plan is helpful in giving focus and direction.
- A Study Bible provides valuable insight and will answer some of your questions.

• \_\_\_\_\_

- Highlight any Scripture you felt impressed by or that you sensed God was speaking to you in.
- Put a question mark next to Scriptures you don’t understand or need help with. You can seek out answers later.

• \_\_\_\_\_

- When you finish your reading or listening, take a few minutes to ask God, “What are you saying to me?”
- Some men write their thoughts and impressions down in a journal.

**E. \_\_\_\_\_ and commit your day to Him.**

- Ask God to help you live out what you have read and been impressed by.
- Share whatever concerns are before you and ask His help with these.
- Invite Him to lead you and speak to you in the day.
- A good way to finish your time with God is by reciting the Lord’s Prayer in Matthew 6:9-13. Make it personal, using “my” and “me” instead of “our” and “us”.



**My Father who is in Heaven. I honor your holy name. Your kingdom come. Your will be done, on earth as it is in Heaven. Give me this day my daily bread. And forgive me my sins, as I forgive those who sin against me. And lead me not into temptation, but deliver me from evil. For Yours is the kingdom, and the power, and the glory forever and ever. Amen.**

**Matthew 6:9-13**

## Your Table Discussion Questions

1. Which of the four spiritual seasons would you say you're in right now: winter, spring, summer, or fall? Explain.
2. Besides BetterMan, are you spiritually connected to other men? If so, how have these spiritual relationships made a difference in your life? Explain.
3. Do you spend time alone with God and the Bible? If so, what has been your experience? How has this time helped you? If not, what help do you think you need to get started or back doing so again?



### Your “BetterMan” Question



Before our next session, take a moment this week to reflect on your notes, and then answer the following question: What possible action step could I take from this session that could make me a better man? Write your answer down in the space below.

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