

Welcome to **W.E.A.P.O.N.S.® Curriculum for Men**. I'm so glad you decided to join your leadership and men of your church for this incredible adventure.

Whether this is your first men's group or you are a veteran church goer, you now join hundreds of other alumni who have had life-changing experiences through this practical and applicable curriculum for men.

Some years back following my conversion to Christianity, my faith came to a screeching halt as a truth bulldozed through the center of my mind; "I knew just enough about Jesus Christ to be frustrated, powerless and a poor model of manhood." It seemed like I had more questions than answers. I checked off all the right Christian task lists like reading my Bible, going to church and even gave money, yet it seemed after all this, my soul still craved Christ's offer of the somewhat elusive abundant life. (John 10:10).

The scripture-drenched curriculum you are about to enter into is what we here at Men's Discipleship Network believe carries Biblical answers to questions men ask, throw in the towel questions, questions the Disciples must have asked. The training is based on 20 years of Ministry to hundreds of thousands of men from many churches.

Your schedule is prayerfully planned in sessions, workshops and homework as each topic will intersect with the following. By the end of this journey our goal is to help you:

**Recognize:** Specific areas God wants to grow you in.  
**Resist:** Cultural cop-out. Worldly ways that never deliver.  
**Receive:** The Word of God from the Spirit of God to be like the Son of God.  
**Retaliate:** Like a Man who trains himself for godliness using these Biblical W.E.A.P.O.N.S.® of warfare.

Let us come together as brothers in training as we obey the mandate of His Word to **"practice" our faith**. The Apostle Peter said "for as long as you **practice** these things, you will never stumble," 2Peter 1:10 (NASB). Paul said, "**practice** these things, and the God of peace will be with you." Philippians 4:8-9 (ESV). Jesus said; "I will show you what he is like who comes to Me and hears My words and puts them into **practice**." Luke 6:46-47 (NIV)

My prayer is that in this curriculum you learn to **play the man**. A man who not only knows Christ, but is transformed by Him while becoming more like Him. A man who now knows how to **"strengthen himself in the Lord"**. 1Samuel 30:6

*For the Father & no other reason*

*Scott*

Scott Caesar  
Men's Pastor  
Men's Discipleship Network®

*Acknowledgements:*

I would like to thank Father God, for the incredible honor and undeserved privilege to serve Him through His local church. I want to thank my precious wife Debbie and three amazing children, Kimberly, Vincent and Nick who have willingly sacrificed, so that others may live free. I also want to thank friends & mentors, the late Dr. Edwin Louis Cole, Coach Bill McCartney, Richard Galloway and an assistant sent from heaven named Paula. Lastly strength and honor to the MDN coaching staff (growing old together brotherhood) that lent me their wisdom through their life lessons.

Scott Caesar, Author

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**This Man-ual Belongs To:** \_\_\_\_\_



## **W.E.A.P.O.N.S.<sup>®</sup> Curriculum For Men**

*Teaching a Man to Strengthen Himself in the Lord*

For the **W.E.A.P.O.N.S.** of our warfare are not carnal but mighty in God for pulling down strongholds. *Adapted from 2Corinthians 10:4*

“The **W.E.A.P.O.N.S.** of our warfare may not be carnal, but the firing of these **W.E.A.P.O.N.S.** require practice, practice, practice.”

“Effective spiritual WEAPONS require effective spiritual strategies.”

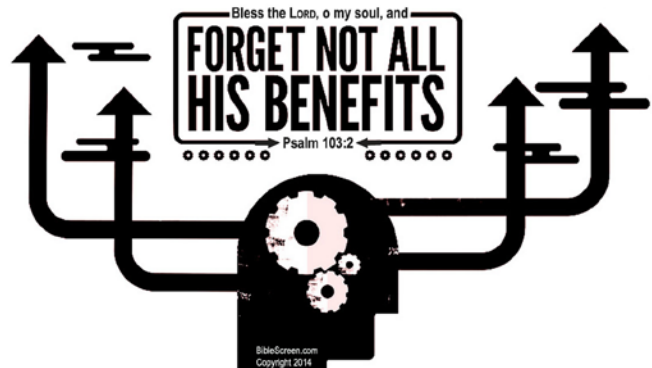
**W.E.A.P.O.N.S.<sup>®</sup>**

Key Word:  Freedom

# The Benefits

## *Of Christ-Centered Manhood*

- Contented Man
- Consistent Man
- Confident Man
- Courageous Man
- Complete Man



The benefits of Christ-centered manhood come from God.

“God did not give you a spirit of fear, but a spirit of power, love and sound mind.” *2Timothy 1:7*

Natural - Benefits	Spiritual - Benefits	Scripture
Contented Man	Sound Mind	<i>Philippians 4:11, 1Timothy 6:6 2Timothy 1:7, Titus 1:7-8</i>
Consistent Man	Self-Control	<i>Titus 2:12, Galatians 5:23 2Peter 1:6, 1Corinthians 9:25-27</i>
Confident Man	Strength	<i>Proverbs 3:26, Hebrews 10:35 Ephesians 3:16, Isaiah 11:2</i>
Courageous Man	Sacrifice	<i>Romans 12:1, Galatians 5:22 2Timothy 1:7, Ephesians 5:23-24</i>
Complete Man	Sonship	<i>2Timothy 3:17, Ephesians 4:13 Romans 8:14-16, Galatians 4:6-7</i>

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is **freedom**. *2 Corinthians 3:17*

The above benefits are external evidence of an internal freedom won at the Cross.

Set \_\_\_\_\_ Live \_\_\_\_\_ Stay \_\_\_\_\_

*\*Bold and Italicized emphasis added*

# **Spiritual Physics**<sup>™</sup>

*What Do I Have To Do To Be Free?*

A Law of Physics says “For every action there is always an equal and opposite reaction”

***Spiritual Physics*** states that for every action in thought or deed, there is an equal or greater reaction.

	1) <b>Know</b>	God	<i>John 17:3</i>
	2) <b>Trust</b>	God	<i>Psalms 9:10</i>
	3) <b>Love</b>	God	<i>1John 4:7-8</i>
	4) <b>Obey</b>	God	<i>John 14:15,21,23</i>
	5) <b>Abide</b>	God	<i>1John 3:24</i>
	6) <b>Disciple</b>	God	<i>John 8:31</i>
	7) <b>Truth</b>	God	<i>John 8:32</i>
	8) <b>Free</b>	God	<i>John 8:32</i>

***For if I:***

**Know God, I will**

**Trust God, and if I Trust God, then I will be able to truly**

**Love God, when I Love God, I will then**

**Obey God, and if I Obey God, I will**

**Abide in God, and He abides in me, If I Abide, then I am a**

**Disciple of God, if a Disciple, then I can know the**

**Truth of God, and the Truth will then set me**

**Free – Why? Free to love & be loved, by God & others. To live the abundant life. To conform to the image of Jesus Christ.**

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery. *Galatians 5:1 (NIV)* You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh rather, serve one another humbly in love. *Galatians 5:13 (NIV)*

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***I am called to know God. My primary purpose in this life as a man is to know and love God that I may live free.*** *Philippians 3:8-10*

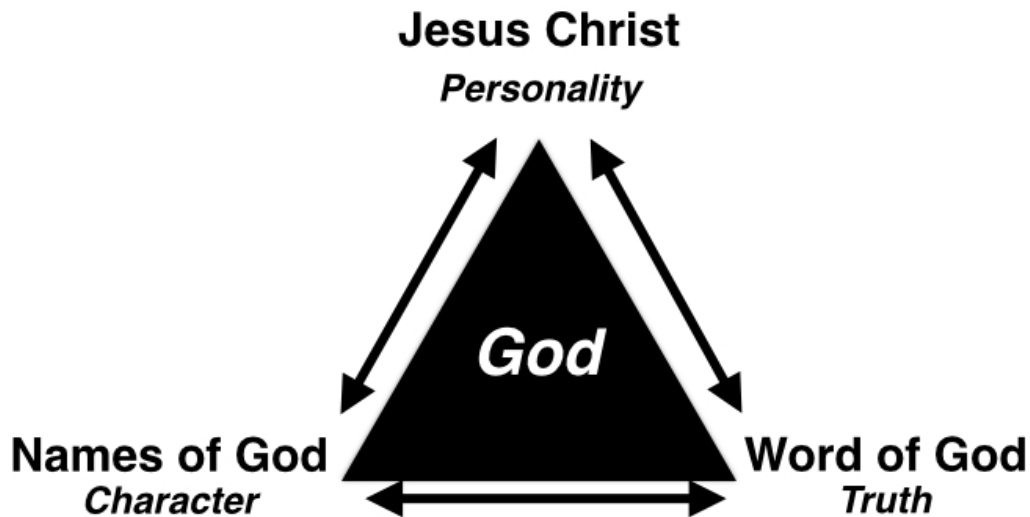
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\_\_\_\_\_X  
S.E.A.L. Team Brother

# How Do I Know God?

The only accurate way to understand ourselves is by what God is and by what He does for us, not by what we are and what we do for Him. *Romans 12:3 (Message)*

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To **Know** the **Son of God**

Is to **Know** the **Personality** of God

To **Know** the **Word of God**

Is to **Know** the **Truth** of God

To **Know** the **Names of God**

Is to **Know** the **Character** of God

**“Eternity is Knowing God”** *Jesus Christ*  
*John 17:3, Philippians 3:8, Jeremiah 9:24*

For you have exalted above all things **your name and your word.**  
*Psalms 138:2b*

# W.E.A.P.O.N.S.<sup>®</sup> Intensive for Men

## 101 Outline

	<u>Key Word</u>
<ul style="list-style-type: none"> <li>• <b><u>Word of God</u></b> God's Word: "Gentlemen, This is a Football" (Page 13)</li> </ul>	<b>Inseparable</b>
<ul style="list-style-type: none"> <li>• <b><u>Expunge</u></b> Expunge: Habits that Hinder (Page 23)</li> </ul>	<b>Habit</b>
<ul style="list-style-type: none"> <li>• <b><u>Association</u></b> Association: The Precept of Permission (Page 33)</li> </ul>	<b>Permission</b>
<ul style="list-style-type: none"> <li>• <b><u>Purpose</u></b> Purpose: The Wallet, The Woman &amp; The Wide World of Sports (Page 41)</li> </ul>	<b>Meaning</b>
<ul style="list-style-type: none"> <li>• <b><u>Order</u></b> Order: Radically Balancing Life (Page 50)</li> </ul>	<b>Priority</b>
<ul style="list-style-type: none"> <li>• <b><u>Names</u></b> God's Name: Knowing God (Page 58)</li> </ul>	<b>Know</b>
<ul style="list-style-type: none"> <li>• <b><u>Strength</u></b> Strength: The Upside Down Kingdom (Page 66)</li> </ul>	<b>Courage</b>

### ICONS



**MAN-work**



**Interactive MAN-shop**



**MAN-Life Parable**



**Key Word**



**Notes**



**MAN-nerism** (A short pithy saying that expresses a basic truth or practical precept for a man)

# My S.E.A.L. Team Brotherhood

**Note:** Your 8-week journey will escort you into areas of life, which may reveal a fabulous faith as well as feelings of fear and failure. Both are well accepted and normal. We have found that this road is best traveled with a team of other men. We call this, S.E.A.L. Team; two to four other men that will walk with you through this. A Brotherhood, that will **Accept, Relate,** and **Sustain** you as well as hold each other accountable to the work you will be asked to engage at home each week.

And we earnestly beseech you, brethren, **admonish** (warn and seriously advise) those who are out of line [the loafers, the disorderly, and the unruly]; **encourage** the timid and fainthearted, help and give your **support** to the weak souls, [and] be very **patient** with everybody [always keeping your temper]. 1 Thessalonians 5:14 (AMP)

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**S.TRENGTHEN: SUSTAIN – SUPPORT:** the **Man's Heart** by becoming one. **Cling to, uphold, join to, cleave to,** straighten, restore, to realign. Sustainability *Hebrews 13:3, 1Samuel 23:16, Romans 15:1*

**E.NCOURGAGE: EDIFY – ESTEEM:** the **Man's Head** by building and speaking words of life into him. To Honor. *Ephesians 4:29, Hebrews 3:13, Romans 15:5, Romans 14:19*

**A.DMONISH: APPRAISE – APPEAL:** to the **Man's Habits** by inserting a pattern of Biblical thinking and thought into a brother. *Romans 15:14, Colossians 3:16*

**L.OVE: LIVE - GIVE:** to the **Man's Hands.** **Be Patient and Accept** each other. A sacrifice of your time, treasure and talent for your team (Brotherhood). *1Corinthians 13:4, Hebrews 13:1, Romans 15:5-7*

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Your team should not be less than two (2) other men, and not be more than four (4) other men.

## My S.E.A.L. Team Brotherhood:

- \_\_\_\_\_ X
- \_\_\_\_\_ X
- \_\_\_\_\_ X
- \_\_\_\_\_ X

*Each team member is to sign this page and agree to hold, as well as be held, accountable to the weekly man-work.*

**Pray  
For One  
Another  
Each  
Week**

## Phone Number: (Optional)

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*Each week every man is to ask one team member (can be different men in your seal team) to sign off on work.*

*\*Bold and Italicized emphasis added*





# Rules of Engagement-Scriptures

1. "For I know the plans I have for you," declares the LORD, "***plans to prosper you***" and not to harm you, plans to give you hope and a future. *Jeremiah 29:11 (NIV)*

Key Words: \_\_\_\_\_ Day 1 ☐

2. And do not be conformed to this world, but ***be transformed by the renewing of your mind***, that you may prove what *is* that good and acceptable and perfect will of God. *Romans 12:2 (NKJV)*

Key Words: \_\_\_\_\_ Day 2 ☐

3. For God has not given us a spirit of fear, but of ***power and of love and of a sound mind***. *2 Timothy 1:7 (NKJV)*

Key Words: \_\_\_\_\_ Day 3 ☐

4. The thief's purpose is to ***steal and kill and destroy***. My purpose is to give them a rich and satisfying life. *John 10:10 (NLT)*

Key Words: \_\_\_\_\_ Day 4 ☐

5. Be watchful, stand firm in the faith, ***act like men***, be strong. *1 Corinthians 16:13 (ESV)*

Key Words: \_\_\_\_\_ Day 5 ☐

6. For the ***weapons of our warfare*** are not carnal but mighty in God for pulling down strongholds. *2 Corinthians 10:4 (NKJV)*

Key Words: \_\_\_\_\_ Day 6 ☐

7. And David was greatly distressed, for the people spoke of stoning him, because all the people were bitter in soul, each for his sons and daughters. But ***David strengthened himself in the LORD*** his God. *1 Samuel 30:6 (ESV)*

Key Words: \_\_\_\_\_ Day 7 ☐

X

S.E.A.L. Team Brother

*\*Bold and Italicized emphasis added*



*Father, I ask that in the next few weeks, you open my eyes to see, and ears to hear, what you have for me personally great God. What specific ways would you like me to grow in?*

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*Father, what area of my life may I surrender to You today? 1Peter 5:7*

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**A.sk – B.elieve – C.onfess** – Luke 11:13, James 1:5,6, Mark 11:24, 1Cor 16:13, 2Cor 12:9, 1 John 1:9

**Journal Notes:**



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People who journal are more likely to read the Bible at least four times a week than those who do not use a journal. *The Center for Bible Engagement © Survey 2009*

**Resource App: [www.gotandem.com](http://www.gotandem.com)**



"Good men read their Bibles. Great men let their Bibles read them."

# W.E.A.P.O.N.S.<sup>®</sup> Personal Inventory

Please keep a record of your own progress in godly training. Start recording for a period of 8 weeks after participating in the WEAPONS Intensive for Men. First column is for immediate evaluation (first day of intensive), and final review (8<sup>th</sup> week)

## USE THIS LIST TO EXAMINE YOURSELF (SCALE OF 1 – 5)

- (1) Did not try      (2) Started, but stopped      (3) Better than past  
(4) Consistently Engaged      (5) Every Day-Growing Christ-like

	<u>Today</u>		<u>Final</u>		<u>MEANING</u>
1				<b>W</b>	<b>WORD</b>
2				<b>E</b>	<b>EXPUNGE</b>
3				<b>A</b>	<b>ASSOCIATION</b>
4				<b>P</b>	<b>PURPOSE</b>
5				<b>O</b>	<b>ORDER</b>
6				<b>N</b>	<b>NAMES</b>
7				<b>S</b>	<b>STRENGTH</b>

*Use the list below to help you. Each statement represents a perfect “5”*

1. “I am reading/hearing the **Word** of God at least 4 days a week. This includes a small group Bible study.
2. “I am consciously **Expunging** one habit that slows me down.” (i.e. Less TV, staying up late, internet) “I **Exchanged** that habit with a good one – I am learning to incorporate the ABC’s (Ask, Believe, Confess).”
3. “I choose not to **Associate** with men whose negative attitudes, habits and world views would drag me down and tempt me to live out lies. I choose to be **Accountable** to men whose attitudes, habits and lifestyles point me toward God and encourage me to think and live right.”
4. “I focus on my primary **Purpose** throughout my day. I looked to please God and serve man.”
5. “I sense peace and **Order** in my life as I am aware of my priorities. I think about what God wants first.”
6. “I know God better by knowing His **Names** that describe Him.”
7. “I feel more confident and secure as I know how **Significant** I am in God’s eyes and have a new found **Strength** in Christ. I am **called out** to *Step down and Serve Him!* I know how to strengthen myself in the Lord.”





All scripture is given by  
*inspiration of God,*

and is profitable for doctrine,

2 Timothy 3:16

## Word of God

**“GENTLEMEN, THIS IS A FOOTBALL”** *Vince Lombardi*

Those who discover these words live, really live; body and soul, they're bursting with health. *Proverbs 4:22*

“The only Scripture you believe is the one you obey.” *Dr. Edwin Louis Cole*

“Some men say the word does not have any lasting effect. Well, neither does bathing or brushing your teeth. That's why God says daily.”

### A MAN'S REVOLUTION

**W.E.A.P.O.N.S.®**

Key Word:



Inseparable

# Treasure of Scripture

## Membership Has Its Privileges

### The Bible Speaks of Many Blessings:

**Long Life, Satisfying Life** *Proverbs 3:2*

**Favor and Good Success** in the sight of God and man *Proverbs 3:4*

**Guidance** *Proverbs 3:6*; **Health** to your nerves, **Healing** to your body *Proverbs 3:8*

**Encouragement**, Hope, Peace, Wisdom, **Wealth, Honor** *Romans 15:4, Proverbs 3:16*

**Competent** *2Timothy 3:17*; **Helps Stop Sin** *Psalms 119:11*

**Happy (blessed, fortunate, enviable)** is the man who finds **skillful and godly wisdom**, and the man who gets understanding [drawing it forth **from God's Word** and life's experiences] *Psalms 119:11 (Amplified)*

**INspired**  
**INerrant**  
**INfallible**  
**INherent**  
**INseparable**

God-breathed  
Without Error  
Cannot Fail /Lead Wrong  
Characteristics of God  
Is God Himself

Living  
Perfect  
Effective  
Grace & Truth  
Same

Notes:



### Manuscript Evidence for Ancient Writings

Author	Written	Earliest Fragment/Copy	Time Span	Number of Manuscripts
Caesar	100-44 B.C.	A.D. 900	1000 years	10
Plato	427-347 B.C.	A.D. 900	1200 years	7
Homer	900 B.C.	400 B.C.	500 years	643
New Testament	A.D. 40-100	A.D. 125	25-50 years	24,000

If we readily accept other books of history written by the ancients, even though documentary confirmation is far less in number and copies are much further removed from the original autographs, we should have significantly greater confidence in the accuracy of the New Testament.

*\*Bold and Italicized emphasis added*

# THE BIBLE AND THE MAN

How often do you read the Bible? (circle one)

Never

Once a Month

Once a Week

2 or 3 Times a Week

4 or more Times a Week

Below are a few reasons that men give for not reading the Bible. How true are the below statements in your Bible reading time. Rate yourself on a scale of 1 to 4.

(1) Not at all

(2) Somewhat

(3) Most Likely

(4) Yes

\_\_\_\_ I don't have time, I'm just too busy.

\_\_\_\_ The Bible seems hard to understand.

\_\_\_\_ The Bible doesn't seem relevant to my life. It is confusing how I should apply it today.

\_\_\_\_ I have doubts about the Bible's reliability. Unsure how it is from God, and not man.

\_\_\_\_ I rely only on my Pastor or Bible teacher to explain the Word to me.

\_\_\_\_ I feel guilty when I read the Bible.

## Trouble With The Word

### A Man Becomes:

#### Deceived:

Not knowing that he is opposed (Satan, Sin & Culture)  
*2 Cor 2:11, Matt 4:5-7, Genesis 3:1-5, Colossians 2:8, Matthew 13:19*

#### Discouraged:

Not knowing that biblical promises have boundaries *Joshua 1:4, 1John 5:14-15*

#### Disengaged:

Not knowing that the Bible requires consistent engagement. (A standard)  
*Joshua 1:8, Psalm 1:2-3, 2Timothy 2:15*

Notes:



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# A Man's Trouble With The Word

## Three Questions Every Man Asks:

Who am I?

Why do I exist?

What shall I do?

**Trilogy of Trouble:** The thief comes only to **steal** and **kill** and **destroy**. I came that they may have life and have it abundantly. *John 10:10 (ESV)*

The enemy's purpose is to:

- |                          |               |  |
|--------------------------|---------------|--|
| 1- <b><u>Steal</u></b>   | your identity | so you do not know <b>who</b> you are.   |
| 2- <b><u>Kill</u></b>    | your purpose  | so you do not know <b>why</b> you exist. |
| 3- <b><u>Destroy</u></b> | your mission  | so you do not know <b>what</b> to do.    |

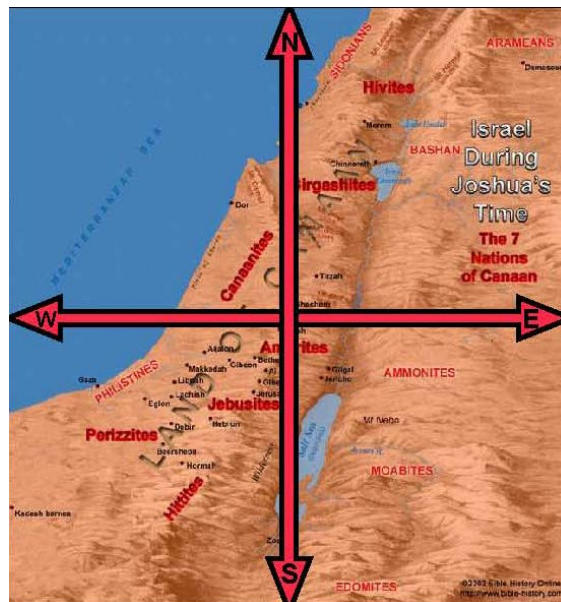
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## Promises Have Boundaries

### God's Nature

*John 14:13-14 (Known by His Names)*



### Man's Belief

*Mark 11:22-24  
James 1:6*

### Man's Motive

*James 4:2-3*

### God's Will

*1 John 5:14-15*

\*Bold emphasis added



# The Power of 4

Why read or listen to the Bible 4 times a week? According to research conducted by Back to the Bible's Center for Bible Engagement,<sup>®</sup> those who engage in Bible reading four or more times per week experience life much differently than those who don't! Indeed, statistics show a much higher level of health and stability despite life's constant challenges. What are the statistics for less than 4 times?

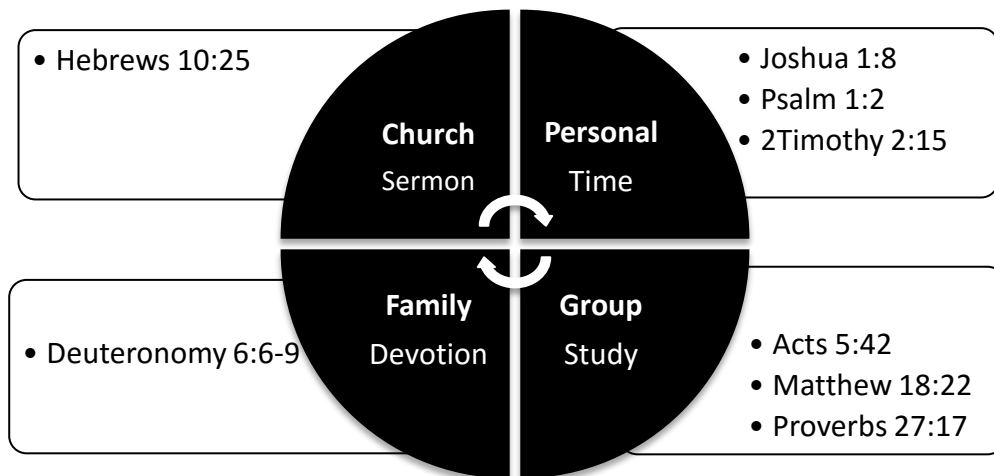
**\*Those who DON'T read or listen at least 4 times a week are much more likely to:**

- Experience feeling fearful/ anxious/ overwhelmed
- Engage in sex outside of marriage
- Get drunk
- Gamble
- Destructive thoughts

## The Power is in God's Word The Plan is 4 Touches a Week

*A Touch is to Read or Listen to Scripture*

*So then, brothers, stand firm and hold to the traditions that you were taught by us, either by our **spoken word** or by our **letter**. 2 Thessalonians 2:15 (ESV)*



*Definition of Bible engagement as receiving, reflecting and responding - not just reading.*

*\*Center for Bible Engagement<sup>®</sup> Survey 2009*

# Trilogy of Treasure



## Collision – Jesus and the Word

“It is Written!” *Matthew 4:4,7,10*

“Have you not read?” *Matthew 19:4*

Jesus replied, “Your mistake is that you don’t know the Scriptures, and you don’t know the power of God.” *Matthew 22:29 (NLT)*

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## Three Benefits of Owning Scripture

Fill in Blanks: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

**It:** \_\_\_\_\_ *Fill in the blanks*

**Answers questions in your** \_\_\_\_\_ **The Who**

**Astounds and motivates your** \_\_\_\_\_ **The Why**

**Assists and equips your** \_\_\_\_\_ **The What**

**It Answers:** \_\_\_\_\_ *Fill in Blanks*

\_\_\_\_\_ **am I** Gives you **Incredible Identity**

\_\_\_\_\_ **do I exist** Gives you **Passionate Purpose**

\_\_\_\_\_ **shall I do** Gives you **Meaningful Mission**

**Notes :** 

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# Word of God

## Rules of Engagement-Scriptures

1. **All Scripture** is given by **inspiration** of God, and is profitable for doctrine, reproof, correction, instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work. *2 Timothy 3:16, 17 (NKJV)*

Key Words: \_\_\_\_\_ Day 1 ☐

2. **"IT IS WRITTEN"**. *Matthew 4:4, 7, 10; "Have you not read?" Matthew 19:4; Scripture cannot be broken. John 10:35b, Jesus Christ.*

Key Words: \_\_\_\_\_ Day 2 ☐

3. In the beginning was **the Word**, and **the Word** was with God, and **the Word** was God. He was in the beginning with God. And **the Word** became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth. *John 1:1-2, 14 (NKJV)*

Key Words: \_\_\_\_\_ Day 3 ☐

4. **Study** to shew thyself approved unto God, a workman that needeth not to be ashamed, **rightly** dividing the word of truth. *2 Timothy 2:15: (KJV). "Do your best." (NIV), "Be Diligent" (NASB)*  
**Study this book of instruction continually. Meditate on it day and night** so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do. *Joshua 1:8 (NLT)*

Key Words: \_\_\_\_\_ Day 4 ☐

5. For the Word that God speaks is alive and full of power [making it active, operative, energizing, and effective]; it is sharper than any two-edged sword, **penetrating to the dividing line** of the breath of life (soul) and [the immortal] spirit, and of joints and marrow [of the deepest parts of our nature], exposing and sifting and analyzing and judging the very thoughts and purposes of the heart. *Hebrews 4:12 (AMP)*

Key Words: \_\_\_\_\_ Day 5 ☐

6. So shall **My Word** be that goes forth out of **My mouth**: it shall not return to Me void [without producing any effect, useless], but it **shall accomplish** that which I please and purpose, and it shall prosper in the thing for which I sent it. *Isaiah 55.11 (AMP)*

Key Words: \_\_\_\_\_ Day 6 ☐

7. So God has given both His promise and His oath. These two things are unchangeable because it is impossible for God to lie. Therefore, we who have fled to Him for refuge can have great confidence as we hold to the hope that lies before us. *Hebrews 6:18 (NLT)*. When God wanted to guarantee his promises, he **gave his word**, a rock-solid guarantee—**God can't break his word**. And because his word cannot change, the promise is likewise unchangeable. *Hebrews 6:18b (Message)*

Key Words: \_\_\_\_\_ Day 7 ☐

\_\_\_\_\_ X  
S.E.A.L. Team Brother

*\*Bold and Italicized emphasis added*



Name for God: *Logos*. In the beginning was the Word, and the Word was with God, and **the Word was God.** *John 1:1.*

*Father, Your Word created me and gave me life. Give me greater desire and discipline to enjoy and engage your Word daily.*

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*Father, what area of my life may I surrender to You today? 1Peter 5:7*

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**A.sk – B.elieve – C.onfess** – *Luke 11:13, James 1:5,6, Mark 11:24, 1Cor 16:13, 2Cor 12:9, 1 John 1:9*

## The Power of 4

**My Commitment to Read or Listen to Scripture 4 Times (Touches) a Week.**

Check off any box below that you completed this past week. Ask a S.E.A.L. Team Brother to sign off.

Attended Church <input type="checkbox"/>	<div style="border: 1px solid black; padding: 5px; display: inline-block;">           ▪ Hebrews 10:25  <b>Church</b>            Sermon         </div>	<div style="border: 1px solid black; padding: 5px; display: inline-block;">           ▪ Joshua 1:8            ▪ Psalm 1:2            ▪ 2Timothy 2:15  <b>Personal</b>            Time         </div>	<input type="checkbox"/> Personal Study Time
Family Devotion <input type="checkbox"/>	<div style="border: 1px solid black; padding: 5px; display: inline-block;">           ▪ Deuteronomy 6:6-9  <b>Family</b>            Devotion         </div>	<div style="border: 1px solid black; padding: 5px; display: inline-block;">           ▪ Acts 5:42            ▪ Matthew 18:22            ▪ Proverbs 27:17  <b>Group</b>            Study         </div>	<input type="checkbox"/> Attended Group Study

\_\_\_\_\_ X  
S.E.A.L. Team Brother



## What The Bible Does For a Man

The Bible, penned by man, inspired by God. Promises of success, peace and direction decorate many pages of scripture. Christians today believe it holds the wisdom needed to answer life's questions and is the authoritative blueprint to follow here on earth.

Jesus himself modeled the use of scripture while engaging Satan at the desert Inn of temptation. His answer to each temptation echoed, ***"It is written"*** (Matthew 4), as Satan tuck-tailed and ran.

I have a question? Why in the Garden when tempted, did Eve lose after, her infamous reply "God has said"? Why did Satan run when Jesus spoke the word but stayed and reasoned when Eve tried? How did he know to tempt her with something she already possessed (being like God)? Why did she fall for it? (Pun intended).

I must confess that my early Christian years resembled Eve's results more than Jesus' reward. I competed in the earthly game called life, which required biblical character, yet produced consistent compromise. Even memorizing scripture did little for my walk. When I spoke to my circumstances, it seemed things got worse. I knew God's promises, but lacked the results to live the abundant life.

Can we talk? Does Scripture really make a difference for you? Does its power work for you Tuesday 2pm? The Bible at times for me can seem like no help. There are many believers that know what it says yet it does not produce fruit. When life's struggles come, men seem to default back to survival mode of worry and fear.

Just as a church can become an irrelevant social club, the Bible left to itself can have little or no effect on your life. Now before you turn me in to the publisher or Christian police let me go a step further.

***The Word*** is described as a sharp two-edged sword to the soldier of Christ. This offensive weapon is only effective in the hands of a skilled swordsman. One who is familiar with his sword. One who owns it and may even engrave his name on it. One who knows every aspect of this tool that can save and take life. When he is intimate with it he can easily move to protect or attack.

Brother David tells us in **Psalm 119** that we are to ***hide the word in our hearts*** that we might not sin. **Romans 12:2** tells us to ***renew our mind***. Most men today take that as task to do, instead of intimate passionate ownership of the Word.

It's interesting to note that the Hebrew word for ***"hide"*** is a word that used to mean "store up, bank and treasure". The Greek word for ***"renewing"*** in Romans 12:2 means "constant renovation", a process of persistently pursuing it with our heart every day.

What verse of scripture do you **own**? One that you believe so strongly that you would bet your life on. One that is engraved on your heart. That every time you think it and say it, the very presence of God comes over you.

There are three effects that your own real estate of scripture should have on you:

- 1- It should **Answer** the questions in your **Head**
- 2- It should **Astound** the motives of your **Heart**
- 3- It should **Assist** the works of your **Hands**

*Your private property here will answer the three abundant life questions every man needs to know.*

- 1- **Who am I?**                      2- **Why do I exist**                      3- **What am I to do?**



## What The Bible Does For a Man

I would like to give you the first of five verses that I believe every man must own and have intimate knowledge of, to enable him to lead his Family, Church and influence. I will engage one verse here.

In the Gospel of John we find Jesus Himself comparing false shepherds to the one true Shepherd. In this amazing piece of property (*John 10:10*), our Lord clearly defines Satan's mission as well as Christianity's offer. He shares with us the trilogy of satanic purpose. He also shares why He Himself came.

*"The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly."* *John 10:10*

We receive Jesus' offer for the abundant life as a main asset as well as Satan's purpose to Steal, Kill and Destroy as our main liability. No accountant could explain it better.

If a man understands this verse fully he will change the way he thinks, feels and works. You see, today's Cultural Christian man is a victim not the victor the Apostle Paul modeled. He lives as though he is unopposed. When "his" way is not working he loses all sobriety of mind and therefore walks as in a fog.

It is interesting to note that the word "**kill**", used to describe what Satan will do has little to do with actual death but all to do with creating confusion and blowing smoke on your God given purpose. This Greek root word actually means "to sacrifice, blow smoke."

The Greek root word for "**steal**" is where we get our English name for a "klepto-maniac". Satan is just like the "klepto's of today. He cannot help but to try and steal. What's he after?

His purpose is threefold:

- 1-**Steal your identity** so you do not know **who you are**.
- 2-**Kill your purpose** so you do not know **why you exist**.
- 3-**Destroy your mission** so you don't know **what you are to do**.

*When a man has any one of these three basic needs attacked he retreats into a tailspin that requires the help of The Holy Spirit, the Word of God and a Band of Brothers.*

Because I own this verse, when I question my value and feel less than I should in Christ, I immediately think that the enemy of my soul maybe inflicting thoughts **that reason** why I am not what Jesus said I am. When I am discouraged and confused in my purpose, I know there has been a fog created. Even while at work, I am on guard.

I am not focusing on my enemy but standing guard over my heart (*Proverbs 4:23*) and the abundant life Jesus gave me.

You see how vital it is for a man to know he **is** opposed and also understand the strategy of his opponent. When a man only owns the abundant life part of John 10:10, every little set back in life will deem him inoperative as life won't make sense to his "Comfort Doctrine" mentality.

Man of God, did that excite your soul? Did you hear a silent amen going on with one simple verse? Then you entered into the market place of ownership.

Scripture, when owned, "**Answers the questions in your Head, Astounds the motives of your Heart and Assists the works of your Hands.**"

**Strength & Honor,**

**Scott Caesar**

*Men's Pastor, Men's Discipleship Network*



# EXPUNGE

## Habits That Hinder

“Bad habits have short-term benefits but long-term consequences.” *Dr. A.R. Bernard*

“That reality is this: mostly, our behavior does not consist of a series of conscious choices. Mostly, our behavior is governed by habit.” *John Ortberg*

“A lazy man is not one who does nothing, but one who does only what he wants, when he wants.”

W.E.A.P.O.N.S.®

Key Word:



Habit

# Obedience Mandate™

School tests you on what you know. Life tests you on what you apply.  
God tests you by what you Obey.

**Obedience** is the Barometer in which God Measures your love for Him.

**Obedience** is the Precursor to blessing, the Genesis of faithfulness, as Faithfulness and Manhood are synonymous.

The Fruit of **obedience** is Blessing.  
The Neglect of **obedience** is Robbery.

Robbing God of Glory,  
Robbing the Church of Testimony,  
Robbing Man of Joy.

Notes: 

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The Bible offers us a divine blueprint that leads to blessing. It is decorated with over 600 “ifs.” If you obey, God promises to do! The abundant life is not solely a result of man’s works, but does require cooperative effort with the Holy Spirit. The words, “make every effort” that appears in Scripture is defined by the word “diligence.” *2Timothy 2:15, Romans 12:11, Romans 14:19*

Thus you are nullifying and making void and of no effect [the authority of] the Word of God through your **tradition**, which you [in turn] hand on. And many things of this kind you are doing. *Mark 7:13 (AMP)*

*\*Bold and Italicized emphasis added*



# Expunge: Battle of the Soul

## Recognizing & Ridding Ourselves of Old Man Habits

"We Christians continue to be victims of the same habits, slaves of the same temptations and guilty of the same failures" *William Barclay*

"Habit if not resisted soon becomes necessity" *St. Augustine*

**Habit:** a settled regular tendency or practice, especially one that is hard to give up. A recurrent, often unconscious pattern of behavior that is acquired through frequent repetition. Synonyms: custom, practice, routine, pattern, way, tradition, mannerism.

**Expunge:** To erase or strike out; To eliminate completely; annihilate; To blot out; to obliterate; to strike out wholly; to wipe out or destroy an offense.

### The Bible and Habits that Hinder:

1. For I do not understand my own actions [I am baffled, bewildered]. I do not **practice** or accomplish what I wish, but I do the very thing that I loathe [which my moral instinct condemns]. Now if I do **[habitually]** what is contrary to my desire, [that means that] I acknowledge *and* agree that the Law is good (morally excellent) *and* that I take sides with it. For I fail to **practice** the good deeds I desire to do, but the evil deeds that I do not desire to do are what I am [ever] doing. *Romans 7:15, 19 (AMP)*
2. **Slack habits** and sloppy work are as bad as vandalism. *Proverbs 18:9 (MSG)*
3. That you **put off**, concerning your former conduct, **the old man** which grows corrupt according to the deceitful lusts. *Ephesians 4:22 (NKJV)*
4. **Get rid** of all bitterness, rage and anger, brawling and slander, along with every form of malice. *Ephesians 4:31 (NIV)*
5. And if your eye causes you to sin, **pluck it out**. It is better for you to enter the kingdom of God with one eye, rather than having two eyes, to be cast into hell fire. *Mark 9:47 (NKJV)*
6. Now therefore thus says the Lord of hosts: **Consider your ways** and set your mind on what has come to you. You have sown much, but you have reaped little; you eat, but you do not have enough; you drink, but you do not have your fill; you clothe yourselves, but no one is warm; and he who earns wages has earned them to put them in a bag with holes in it. Thus says the Lord of hosts: **Consider your ways** (your previous and present conduct) and how you have fared. *Haggai 1:5-7 (AMP)*
7. "Everything is permissible for me", but not everything is helpful. "Everything is permissible for me", but I will not be brought **under the control of anything**. *1Corinthians 6:12 (HCSB)*



"A lazy man is not one who does nothing, but one who does only what he wants, when he wants."

*\*Bold Emphasis added*

# History of Habit: Strongholds

## *Blind Spots Men Can See*

For the **WEAPONS of our warfare** are not carnal but mighty in God for pulling down **strongholds**, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.

*2Corinthians 10:4-5 (NKJV)*

*[Inasmuch as we] refute arguments and theories and reasonings and every proud and lofty thing that sets itself up against the [true] knowledge of God; and we lead every **thought** and purpose away captive into the obedience of Christ (the Messiah, the Anointed One),*

*2Corinthians 10:5 (AMP)*

### STRONGHOLD

*A group of lies (word & thought) sold to you for a period of time that are built within your mind brick by brick, failure by failure, rejection by rejection, wound by wound even blessing by blessing (Pride) till they become a fortress of belief that resides in your heart. Belief then precedes a twisted Faith which in turn produces hope in a warped philosophy.*

## **A LIE BELIEVED, THEN LIVED.**

For God sees everything you do and His eyes are wide open as He observes every single **habit** you have. Beware that your sins don't overtake you, and the **scars** of your own conscience become the ropes that tie you up! *Proverbs 5:21-22 (Passion Translation)*

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*"I count him braver who overcomes his desires than him who conquers his enemies, for the hardest victory is over self." Aristotle*

*\*Bold and Caps emphasis added*

# Moment of Truth

## *Consider Your Ways*

For all that is in the world—the **lust of the flesh**, the **lust of the eyes**, and the **pride of life**—is not of the Father but is of the world. *1John 2:16*

**What are some habits that may need to be expunged in your life?**

Examples:

**Write a habit not listed**

### **1. Habits of the Culture**

- Entertainment/TV/Movies ☐
- Internet ☐
- Sports ☐
- Technology (Social Networking/Cell) ☐



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### **2. Habits of the Flesh**

- Soft Porn ☐
- Masturbation ☐
- Anger ☐
- Alcohol/Recreational Drugs ☐
- Laziness/Passivity ☐
- Procrastination ☐



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### **3. Habits of the Heart**

- Pride ☐
- Lying ☐
- Lust ☐
- Envy (Comparison) ☐
- Greed ☐
- Critical Spirit ☐



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Pride is a habit of wrong thinking.

Lying is a habit of wrong speaking.

Lust is a habit of wrong desire.

Envy is a habit of wrong comparison.

"The compromise to sin is nothing compared to the consequences of sin".

*\*Bold Emphasis Added*

# Breaking Bad

## Recognizing Habits of Sexual Lusts

1-"Lust is an \_\_\_\_\_ desire that is built on a \_\_\_\_\_."

Lust promises \_\_\_\_\_.

2-Temptation attaches itself to our \_\_\_\_\_.

3-The \_\_\_\_\_ to sin is nothing compared to the \_\_\_\_\_ of sin.

4-Compromised thinking and behavior can cause me to feel \_\_\_\_\_ from God.

5-Sexual pleasure not from my \_\_\_\_\_ always \_\_\_\_\_ from my intimacy with her.

6-I am not \_\_\_\_\_ to think or act in wrong ways because I am \_\_\_\_\_ by \_\_\_\_\_.  
(1 Corinthians 6:18-20)

7-The pursuit of \_\_\_\_\_ always brings \_\_\_\_\_. (2 Corinthians 10:5; Ephesians 6:12)

8-I need a new belief system: \_\_\_\_\_ are better than my standards.

*\* Adapted from "Every Man's Battle", by Steve Arterburn & Fred Stoeker (Waterbrook Press)*



### 9-Threat Assessment List of your "**Greatest Enemies**"

Recognize what to Resist (1 Timothy 5:14)

1.
2.
3.

**Example:** Newspaper Ads, TV, Beer Commercials, Wrong Friends / Co-workers, Bars, Magazine Stands, Internet, Hotel Rooms, Victoria Secrets Type Mail



"The language of lust says I need it now.  
The propensity of pride says I deserve it now."

"Lust takes at the expense of another.  
Love gives at the expense of self." Dr. Edwin Louis Cole

# Exchanging Evil with Good

## *Divine Displacement*

"When an evil spirit leaves a person, it goes into the desert, seeking rest but finding none. Then it says, 'I will **return to the person** I came from.' So it returns and finds its former home **empty**, swept, and in order. Then the spirit finds seven other spirits more evil than itself, and they **all enter the person and live there**. And so that person is **worse off** than before. That will be the experience of this evil generation." *Matthew 12:43-45 (NLT)*

Jesus' reference to Israel, leaves us with a **pattern of how expunging** a bad habit, succeeds only while **exchanging** it with a good habit.

Do Not	Do	Scripture	Subject Matter
Talk Dishonorably	Speak to build up edify	Ephesians 4:29	Words
Steal	Work with hands to give	Ephesians 4:28	Laziness/Work
Lust	Train desires to be holy, pure & content	1 Thessalonians 4:3-6	Lust/Holiness
Covet	Be content	1 Timothy 6:6 Philippians 4:11-12	Wrong Thinking Right Thinking
Be Prideful	Be humble put others before self	James 4:6; 1 Peter 5:5; Proverbs 29:23	Pride/Humility
Conform to World's Way	Be transformed	Romans 12:2	World/Christ

**Expunge (Put off the old man Eph 4:22) Exchange (Put on the new man Eph 4:24)**

But I say walk *and* live [habitually] in the [Holy] Spirit [responsive to *and* controlled *and* guided by the Spirit]; then you will certainly not gratify the cravings *and* desires of the flesh (of human nature without God) *Galatians 5:16 (AMP)*

**Notes:** 

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"You can't break away from a problem until you break the pattern that created it."

*Dr. A.R. Bernard*

\*Bold and Italicized emphasis added

# The A B C's

*Exchanging the Flesh for the Spirit  
The Road to Romans 8*

But I need something more! For if I know the law but still can't keep it, and if the power of sin within me keeps **sabotaging my best intentions**, I obviously need help! I realize that I don't have what it takes. I can will it, but I can't do it. I decide to do good, but I don't really do it; I decide not to do bad, but then I do it anyway. My decisions, such as they are, don't result in actions. **Some thing has gone wrong deep within me and gets the better of me every time.** *Romans 7:17-18 (MSG)*

There is therefore now no condemnation for those who are in Christ Jesus. *Romans 8:1 (ESV)*

## The Power to Choose, The Power to Change, The Power to Conform:

Today I have given you the **choice** between life and death, between blessings and curses. Now I call on heaven and earth to witness the **choice** you make. Oh, that you would **choose life**, so that you and your descendants might live! *Deuteronomy 30:19 (NLT)*



*"The Christian life is a constant negotiation between the flesh and the spirit.  
That which you feed more will determine the quality of that life."*

## Ask for Assistance: Holy Spirit

- His Power *Luke 11:13*
- His Wisdom *James 1:5*

## Believe Boldly

- The 101% Guarantee *Philippians 4:6, James 1:6, Mark 11:24*
- If you ask He **will** give you the Power, Presence and Perspective. *Luke 11:13, James 1:5*
- Play the man: Take Action (Decisive). **Act Like It!** *1Corinthians 16:13, Luke 10:19, Judges 6:14*

## Confess Consistently

- I Can't, You Can (Exchange my Weakness for God's Strength) *2Corinthians 12:9*
- Tell on Yourself (Any Known Sin) *1John 1:9*
- Say What God Says (Power of Agreement with above Scripture) *Hebrews 10:23*

**God Initiates.      Man Activates.      Discipleship Liberates.**

"Not by might nor by power, but by my Spirit," says the LORD Almighty. *Zechariah 4:6 (NIV)*

*\*Bold and Italicized emphasis added*

# Expunge

Rules of Engagement - Scriptures

1. Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that **hinders** and the sin that so easily entangles. And let us run with perseverance the race marked out for us. *Hebrews 12:1 NIV*

Key Words: \_\_\_\_\_ Day 1 ☐

2. **Strip yourselves** of your former nature [**put off** and discard your old unrenewed self] which characterized your previous manner of life and becomes corrupt **through lusts and desires that spring from delusion** *Ephesians 4:22 AMP*

Key Words: \_\_\_\_\_ Day 2 ☐

3. If your hand causes you to sin, cut it off. It's better to enter eternal life with only one hand than to go into the unquenchable fires of hell with two hands. *Mark 9:43 NLT*

Key Words: \_\_\_\_\_ Day 3 ☐

4. But among you there must not be even a **hint** of sexual immorality, or of any kind of impurity, or of greed, because these are **improper** for God's holy people. *Ephesians 5:3 NIV*

Key Words: \_\_\_\_\_ Day 4 ☐

5. You have heard that it was said, do not commit adultery. But I tell you that anyone who **looks** at a woman **lustfully** has already committed adultery with her in **his heart**. *Matthew 5:27,28 NIV*

Key Words: \_\_\_\_\_ Day 5 ☐

6. **God's will** is for you to be holy, so stay away from **all sexual sin**. Then each of you will control his own body and live in holiness and honor not in lustful passion like the pagans who **do not know God** and his ways. *1Thessalonians 4:3-5 NLT*

Key Words: \_\_\_\_\_ Day 6 ☐

7. Therefore be **imitators** of God [copy Him and follow His example], as well-beloved children [imitate their father]. *Ephesians 5:1 AMP*

Key Words: \_\_\_\_\_ Day 7 ☐

\_\_\_\_\_  
S.E.A.L. Team Brother X

*Bold and Italicized emphasis added*



Father, I submit myself to You. I ask that you reveal an unhealthy habit within me that does not please you. A habit that has hindered my growth and fellowship with you.

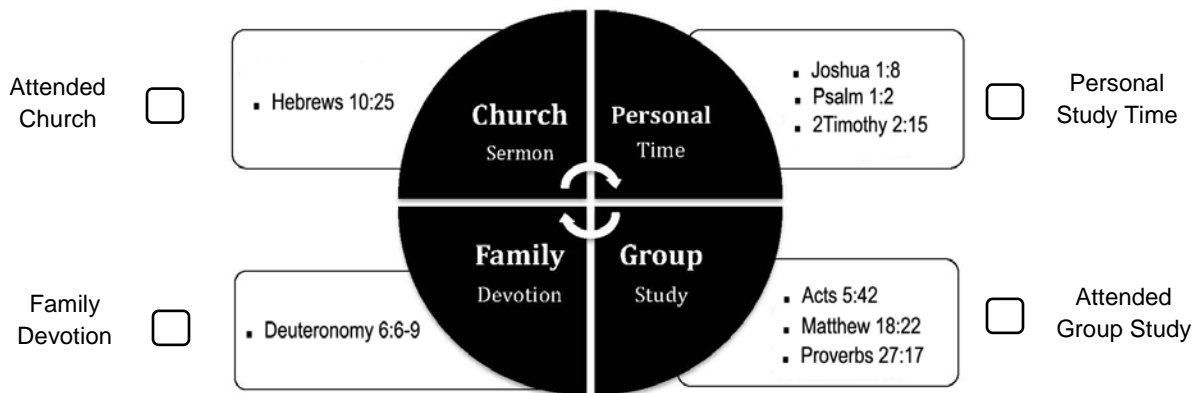
Father, what area of my life may I surrender to You this week? 1Peter 5:7

A.sk, B.elieve, C.onfess – Luke 11:13, James 1:5,6, Mark 11:24, 1Cor 16:13, 2Cor 12:9, 1 John 1:9

# The Power of 4

**My Commitment to Read or Listen to Scripture 4 Times (Touches) a Week.**

Check off any box below that you completed this past week. Ask a S.E.A.L. Team Brother to sign off.



\_\_\_\_\_ X  
S.E.A.L. Team Brother





# ASSOCIATION

## Precept of Permission

"A man is known by the company he keeps."

"The non-believer is more likely to pull the Christian away from his faith than the Christian pulling the unbeliever to Christ." *Author Lee Strobel*

"The success of any nation, business, or vision is not in the accomplishment of its leader or heroes, but in what that culture calls good and acceptable."

**W.E.A.P.O.N.S.®**

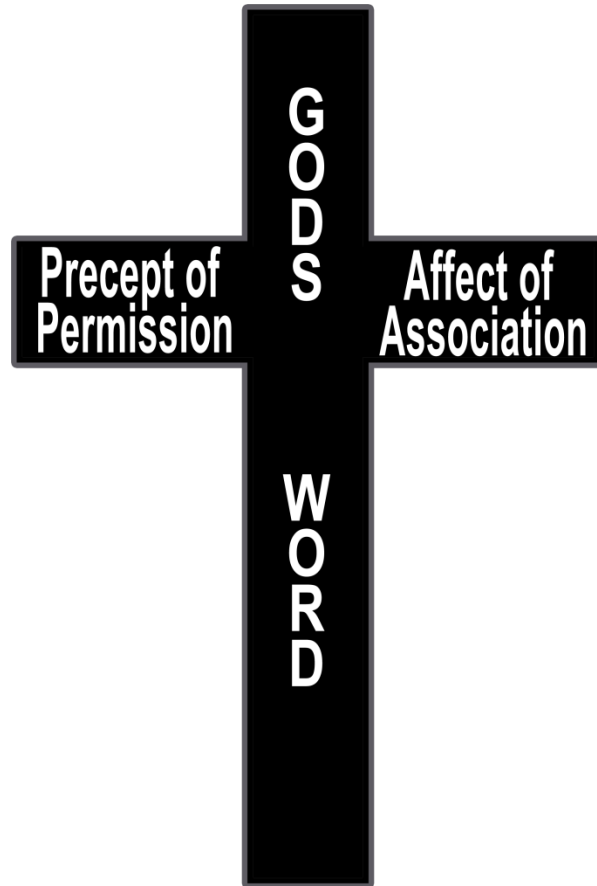
**Key Word:**



**Permission**

# Precept of Permission

"For you *are* a holy people to the LORD your God; the LORD your God has chosen you to be a people for Himself, a special treasure above all the peoples on the face of the earth. *Deuteronomy 7:6 NKJV*



## Permission Granted

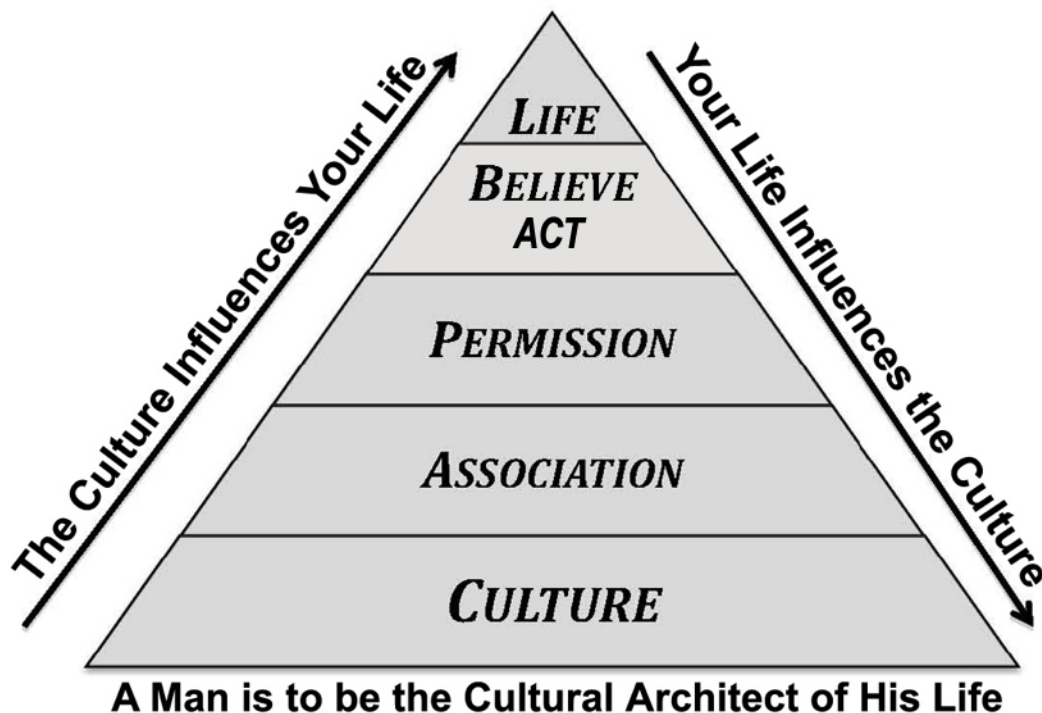
For over one thousand years men have been striving for this Holy Grail of athletic achievement: The Four Minute Mile. The quest to break four minutes had been in full force since at least 1886 and it involved the most brilliant coaches and the most gifted athletes in North America, Europe and Australia. They believed that the lungs would burst as well as other great risks to the body. It was thought to be virtually impossible to do. In fact, for many years, it was believed that the four minute mile was such a physical barrier that it was considered harder than climbing Mount Everest or walking on the moon before each one was done.

Experts believed that if the record was ever to be broken, these precise circumstances would have to exist; It would have to be in perfect weather and no wind; on a particular kind of track – hard, dry and in front of a large crowd. It was in a race in Oxford on May 6, 1954. Roger Bannister ran this race in three minutes 59.4 seconds. Bannister achieved it on a cold day, on a wet track, and at a meeting before a crowd of only 3,000 people. He broke the mark and even his most ardent rivals breathed a sigh of relief. And once they saw it could be done, they did it too.

Only 46 days later, John Landy, an Australian runner, not only broke the barrier but crushed Bannister's time. Then, a year after Bannister's "impossible" achievement, three runners broke the four-minute barrier in a single race. Banister granted permission and influence for those runners to first believe, than achieve!

# Culture's Influence

"The success of any nation, business, or vision is not in the accomplishment of its leader or heroes, but in what that ***culture calls good and acceptable.***"



**Culture:** *The beliefs, attitudes and behavioral characteristics of a particular social group. The customs, the arts, the school of thought, moral standards and good will towards one another.*

**Association:** *an organized group of people who have the same interest, job, the process of forming mental connections or bonds between sensations, ideas, or memories. Greek; Mixing of parts.*

**Permission:** *the right or ability to think a certain way or do something that is given by someone who has the power to decide if it will be allowed or permitted.*

**Believe:** *to accept or regard (something) as true: to accept the truth of what is said by (someone).*

## ***Does Your Associations Lead to God's Best For You?***

Don't become so well-adjusted to your ***culture*** that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the ***culture*** around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you. *Romans 12:2 (MSG)*

***\*Bold and Italicized Emphasis***



# Man-Life Parable™

## *For Life's Tough Calls*

Dave's wife Susan has known her best friend Kim since high school. Dave and Susan are good friends with Kim and her husband Joe. The couples associate with one another a few times a month, going out to dinner or getting together at Dave and Susan's home.

Like Dave and Susan, Kim is a committed Christian. She's an active part of the local church, known for her kindness towards others. But while Kim's husband Joe considers himself a Christian, in reality he has no desire for the things of God.

When the couples are together, Joe often gets very loud with coarse language and constant commentary on just about anything, blaming God for his troubles while knocking back a few beers. His words are never edifying or comforting to anyone. Dave is constantly embarrassed by the foul language Joe spews in front of Susan and Kim. Joe gives worldly advice to Dave's kids and feels content cheating and scheming his way to a big paycheck. Joe actually feels blessed by God. Joe believes, "With all the money I'm making, I must be doing something right."

Last year, Dave had a "man to man" talk with Joe about his behavior. He wanted to politely and privately let Joe know his actions were not acceptable in front of his wife and children. This was difficult for Dave to do, as he isn't good at confronting others.

After the talk failed to make a dent in Joe's behavior, Dave once again voiced his concerns about Joe's lack of self-control in front of their wives. But Joe's response only increased Dave's frustration. Joe disregarded Dave's advice, he mocked Dave for judging him and not accepting him for the person he is.

Dave suppressed his anger and decided to speak with Susan. Dave told Susan that after prayerful consideration, he thought it best they not *associate* with Joe and Kim anymore because Dave believes Joe *is a fool*. Susan told her husband he should not judge his "brother in the Lord." "After all", she said, "Jesus hung out and had dinner with terrible people because they needed Him". Susan reminded Dave how bad he used to be and that this fool Joe really needed him. Susan suggested, "Maybe you should take the log out of your own eye, Dave."



### **"Questions to Ask"**

Did Dave overreact?

Was Dave judging Joe?

Was Dave or Susan right?

Who is the fool here?

### **"A Man's Call" - Key Question to Answer:**

Should they continue to associate as couples anymore? Yes or No? *(Circle One) Explain*

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*Scripture Study: Proverbs 14:8-9; Proverbs 1:7; Proverbs 13:20; 1 Corinthians 5:11*

# S.E.A.L. TEAM

**1Thessalonians 5:14:** And we earnestly beseech you, brethren, **admonish** (warn and seriously advise) those who are out of line [the loafers, the disorderly, and the unruly]; **encourage** the timid and fainthearted, help and give your **support** to the weak souls, [and] be very **patient** with everybody [always keeping your temper]. (AMP)

*Bold and Italicized emphasis added*

**S.TRENGTHEN: SUSTAIN & SUPPORT:** to the **Men's Heart** by becoming one.

**Cling to, uphold, join to, cleave to,** straighten, restore, to realign. *Hebrews 13:3, 1Samuel 23:16, Romans 15:1*

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**E.NCOURGAGE: EDIFY & ESTEEM:** to the **Men's Head** by building and speaking words of life into your team. To Honor. *Ephesians 4:29, Hebrews 3:13, Romans 15:5, Romans 14:19*

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**A.DMONISH: APPRAISE & APPEAL:** to the **Men's Habits** by inserting a pattern of biblical thinking into a brother. *Romans 15:14, Colossians 3:16*

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**L.OVE: LIVE & GIVE:** to the **Men's Hands**. Sacrifice of time, treasure and talent for your team. *1Corinthians 13:4, Hebrews 13:1, Romans 15:5-7*

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**He loves his brother four ways.** *1Thessalonians 5:14, Galatians 6:2, Hebrews 3:13, Colossians 3:16, Romans 15:7*

<b>S</b> trengthens by	<b><u>Carrying</u></b>	His brother's burden. He is his brother's keeper!
<b>E</b> ncourages by	<b><u>Speaking</u></b>	Words of hope, promise and destiny to him.
<b>A</b> dmonishes by	<b><u>Challenging</u></b>	Patterns of behavior leading to potential trouble & sin.
<b>L</b> oves by	<b><u>Accepting</u></b>	His brother, but not his standard for sin.

*There are over 50 "one another's in the Bible: individuals coming together as one.*

*"This is how they will know Me, by how you love one another." John 13:35*

Recommended monthly reading: Romans 14:1-15:7

*\*Bold and Italicized emphasis*

# Association

## Rules of Engagement-Scriptures

1. **Guard** your heart above all else, for it determines the **course of your life**. *Proverbs 4:23 (NLT)*  
Do not be moved to do wrong by the general opinion, or give the support of your words to a wrong decision. *Exodus 23:2 (BBE)*

Key Words: \_\_\_\_\_ Day 1 ☐

2. Do not be deceived: Evil company **corrupts** good habits. *1Corinthians 15:33 (NKJV)*

Key Words: \_\_\_\_\_ Day 2 ☐

3. Thus **making void** the word of God by your **tradition** that you have handed down.  
And many such things you do. *Mark 7:13 (ESV)*

Key Words: \_\_\_\_\_ Day 3 ☐

4. You must worship no other gods, for the LORD, whose very name is Jealous, is a God who is jealous about his relationship with you. *Exodus 34:14 (NLT)*

Key Words: \_\_\_\_\_ Day 4 ☐

5. "You shall not **associate with them**, nor shall they **associate with you**, for *they will surely turn your heart away* after their gods." *1 Kings 11:2, (NASB)*  
Solomon held fast to these in love. *1Kings 11:2b (NASB)*  
Even Barnabus was "**led astray**" by their hypocrisy. *Galatians 2:13*

Key Words: \_\_\_\_\_ Day 5 ☐

6. Do not be **unequally yoked** together with unbelievers. For what fellowship has righteousness with lawlessness? And what communion has light with darkness?  
*2Corinthians 6:14 (NKJV)*

Key Words: \_\_\_\_\_ Day 6 ☐

7. I wrote you in my [previous] letter not to **associate** [closely and habitually] with unchaste (impure) people. *1 Corinthians 5:9 (AMP)*  
But now I am writing to you not to **associate** with anyone **who bears the name of brother** if he is guilty of sexual immorality or greed, or is an idolater, reviler, drunkard, or swindler—not even to eat with such a one. *1 Corinthians 5:11 (ESV)*  
Don't envy godless men; don't even enjoy their company. *Proverbs 24:1 (TLB)*

Key Words: \_\_\_\_\_ Day 7 ☐

\_\_\_\_\_  
S.E.A.L. Team Brother

*\*Bold and Italicized emphasis added*



*Father, reveal to me my **associations** with those men whose negative attitudes and habits drag me down and tempt me to live out ungodly ways. Help me be accountable to men whose attitudes, habits and lifestyles point me towards You and encourage me to think and live right.*

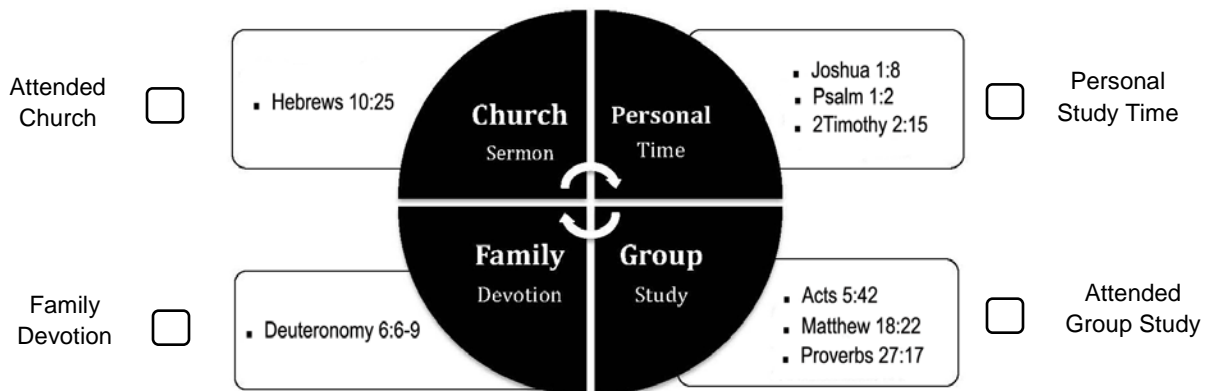
*Father, what area of my life may I surrender to You this week? 1Peter 5:7*

**A.sk, B.elieve, C.onfess** – Luke 11:13, James 1:5,6, Mark 11:24, 1Cor 16:13, 2Cor 12:9, 1 John 1:9

## The Power of 4

**My Commitment to Read or Listen to Scripture 4 Times (Touches) a Week.**

Check off any box below that you completed this past week. Ask a S.E.A.L. Team Brother to sign off.



\_\_\_\_\_  
S.E.A.L. Team Brother







# Purpose

## The Wallet, The Women & The Wide World of Sports

“You were made by God for God.”

“God did not need to create you, but He chose to create you for His own enjoyment. You exist for His benefit, His Glory, His purpose, and His delight.” *Rick Warren*

“Contentment is not getting what you want; it wants what God gives. Its arrival marks a man who matures and redefines purpose.”

“What were we made for? To know God. What aim should we have in life? To know God. What is the eternal life that Jesus gives? To know God. What is the best thing in life? To know God.” *J. I. Packer*

**W.E.A.P.O.N.S.®**

Key Word:  Meaning

# Reasonable Lies, Counterfeit Gods

## *The Wallet, The Woman & The Wide World of Sports*

- **Wallet:** Power, Control, Significance, Family Provision, Security
- **Woman:** Approval, Acceptance, Sex, Power, Cultural Image.  
(See Genesis 3:12, 16, 17–Adam)
- **Wide World of Sports:** Significance, Connection, Habit of Hiding

“I’m trying to free your mind, Neo. But I can only show you the door.  
**You’re the one that has to walk through it.”**



*Morpheus, The Matrix 1999*

***Are you ready for your dose of true reality?***  
*2 Corinthians 10:5*

Notes: 

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# Fruit of Purpose\*

## I. The Symptoms of Man Without Purpose\*

**1. To a man who does not know his purpose, life will seem \_\_\_\_\_.**

*"The sun still rises and it still goes down...the wind blows...round and round and back again. Every river flows into the sea...[then] the water returns to where the rivers began, and starts all over again. Everything leads to weariness..." Ecclesiastes 1:5-8 (TEV)*

**2. To a man who does not know his purpose, life will seem \_\_\_\_\_.**

*"No matter how much we see, we're never satisfied; no matter how much we hear, we are not content. History merely repeats itself. Nothing is truly new..." Ecclesiastes 1:8b-9a (LB)*

**3. To a man who does not know his purpose, life will seem \_\_\_\_\_.**

*"You can't straighten out what is crooked; you can't count things that aren't there." Ecclesiastes 1:15 (TEV)*

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## II. The Benefits of a Purpose-Driven Man

*"...I keep working toward that day when I will finally be all that Christ Jesus saved me for and wants me to be. No, dear brothers and sisters, I am still not all I should be, but I am focusing all my energies on this one thing: Forgetting the past and looking forward to what lies ahead, I strain to reach the end of the race and receive the prize for which God, through Christ Jesus, is calling us up to heaven." Philippians 3:12b-14 (NLT)*

**1. When a man knows his purpose, life will seem \_\_\_\_\_.**

*"...I am focusing all my energies on this one thing..." (v. 13)*

**2. When a man knows his purpose, life will seem \_\_\_\_\_.**

*"Forgetting the past and looking forward to what lies ahead." (v. 13)*

*"You Lord, give perfect peace to those who keep their purpose firm." Isaiah 26:3 (TEV)*

**3. When a man knows his purpose \_\_\_\_\_ increases.**

*"I strain to reach the end of the race..." (v. 14)*

*"For I know the plans I have for you," says the Lord. "They are plans for good and not for evil, to give you a future and a hope." Jeremiah 29:11 (LB)*

**4. When a man knows the purpose of his life he becomes \_\_\_\_\_.**

*"...and receive the prize for which God, through Christ Jesus, is calling us up to heaven." (v. 14)*

*"He has...set eternity in the hearts of men..." Ecclesiastes 3:11a (NIV)*



*"What God does not send on purpose, He uses for His purpose."*



# Knowing Your Purpose

In Ecclesiastes chapter one, we identified three consequences of not knowing your purpose:

1. Life will seem **tiresome & boring**.
2. Life will seem **unfulfilling & discontented**.
3. Life will seem **out of order**.

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*“A man who does not know his purpose in life, tends to make one up.”*

Which of the following counterfeit purposes below may have been substituted in your life? Explain.

**Wallet:** \_\_\_\_\_

**Women:** \_\_\_\_\_

**Wide World of Sports:** \_\_\_\_\_

Can you think of another? \_\_\_\_\_

**Notes:** 

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“The two most important days in your life are the day you are born  
and the day you find out **why**.” *Mark Twain*

# A Man's Secondary Purpose

## *The Masculine Mandate™*

Do not be conformed to this **Culture** and its lure of promise, but be transformed by the **Masculine Mandate** to **Prove Spiritually**, **Provide Morally** and **Protect Physically**. So that you may **Prove** that which is the perfect will of God in Biblical Manhood.

### 1. A Man is to **Prove Spiritually**.

- A) He is responsible **[for]** his own spiritual growth, and **[to]** his wife and children.
- B) He is to have his own mission for God through church, work or ministry Networks.  
He is made by God for God.

### 2. A Man is to **Provide Moral Excellence**.

- A) He is to model moral, sexual, verbal & relational **Integrity**.
- B) His word is the measure of his **character**. He is **bound** by it.
- C) He models **servant leadership and headship** both at home and in work.
- D) He coaches his boys to care for **women**. He defines **laziness**.
- E) He sets a **manly Biblical standard** for his girls.

### A Man is to **Provide Materially**.

- A) He holds the **primary responsibility** to provide for the family.
- B) He is careful when making financial commitments that collides with family time.
- C) He is **generous** with his resources to church, family, and friends.

### 3. A Man is to **Protect Physically & Emotionally**.

- A) He is a Man of **steel and velvet**.
- B) He stands **guard** as **watchman** of the home.
- C) He is engaged with his wife and children's **associations**.
- D) He stops **coarse talking** from others in front of her and children.
- E) He stops **sin** in the home.
- F) He **builds** and **encourages** his spouse first, then his children.

A man is inbred with a benevolent sense of **responsibility** towards women, children, and friends.

***This is the Masculine Mandate. Male by Birth, Man by Choice.***

“A man has a divinely-appointed obligation to provide necessities for his family, but under no such obligation to provide luxuries.”

# Purpose

## Rules of Engagement-Scriptures

1. "Meaningless! Meaningless! says the Teacher. Utterly meaningless! Everything is meaningless." *Ecclesiastes 1:2 (NIV), King Solomon*

Key Words: \_\_\_\_\_

Day 1 ☐

2. "The thief's **purpose** is to **steal** and **kill** and **destroy**. My **purpose** is to give them a rich and satisfying life." *John 10:10 (NLT)*

Key Words: \_\_\_\_\_

Day 2 ☐

3. Look carefully then how you walk! Live **purposefully** and worthily and accurately, not as the unwise and witless, but as wise (sensible, intelligent people). *Ephesians 5:15 (AMP)*

Key Words: \_\_\_\_\_

Day 3 ☐

4. We look at this Son and see God's original **purpose** in everything created. For everything, absolutely everything, above and below, visible and invisible, rank after rank after rank of angels—everything got started in Him and finds its **purpose in Him**. *Colossians 1:15-16 (MSG)* And we know that God causes everything to work together for the good of those who love God and are called according to His **purpose** for them. For God knew his people in advance, and he chose them to become like his Son. *Romans 8:28-29a (NLT)*

Key Words: \_\_\_\_\_

Day 4 ☐

5. "You shall **love** the Lord your God with **all your heart**, with all your **soul**, with all your **strength**, and with all your **mind**, and your neighbor as yourself." *Luke 10:27 (NKJV)*

Key Words: \_\_\_\_\_

Day 5 ☐

6. Yes, **everything else is worthless** when compared with the infinite **value of knowing Christ** Jesus my Lord. For his sake I have discarded everything else, counting it all as garbage, so that I could gain Christ. *Philippians 3:8 (NLT)*

Key Words: \_\_\_\_\_

Day 6 ☐

7. Work willingly at whatever you do, as though you were working for the Lord rather than for people. *Colossians 3:23 (NLT)* Remembering that it is the Lord Christ who is going to pay you, giving you your full portion of all he owns. He is the one you are really working for. *Colossians 3:24 (TLB)*

Key Words: \_\_\_\_\_

Day 7 ☐

X

S.E.A.L. Team Brother

*\*Bold and Italicized emphasis added*



*Father, please make clear to me today, the primary purpose in this life; to know and love You. Show me my great reward for those of us that live out this truth, that I may be consistent in this godly lifestyle. Help me look to please You more than man Father.*

*What do I need to focus on today that would help me know You more today than yesterday?*

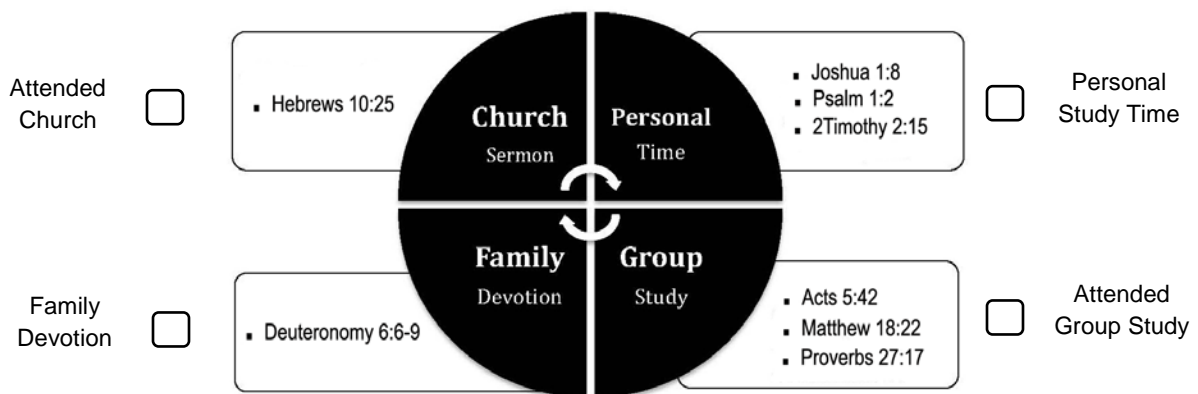
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## The Power of 4

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\_\_\_\_\_  
S.E.A.L. Team Brother



# The Purpose Driven Man

What is my purpose in life? Why was I born? These questions have echoed man's thoughts for centuries.

Whether we realize it or not, men are born with two life-long cravings, two main voids. One is a God sized hole in their heart that can only be filled by knowing Him. The other is a gap to be filled with God's mission for you personally, your "calling" if you may. God created you for a purpose, on purpose.

A common complaint from men is that they don't feel a passion for anything. Most Christian men today would say their purpose is to be a good husband, provider and loving dad, while serving the Church and poor. All this may be true in man's mind, but in God's Heart it is *putting the cart before the horse*.

If the Bible says, "You Lord, give perfect peace to those who keep their purpose firm and put their trust in you," *Isaiah 26:3 (TEV)* then why are so many men frustrated, lacking the peace of Christ that is theirs for the taking? A mistake many make in pursuing their purpose is they omit God. You see, a man without God's purpose tends to make up one, which always leaves him empty. "Nothing matters more than knowing God's purpose for your life, and nothing can compensate for not knowing it, not success, wealth, fame or pleasure," says Author Rick Warren.

Until we understand God's primary purpose, life isn't going to make sense. Knowing your purpose helps you wake up in the morning, saying "Good Morning Lord" instead of "Good Lord! It's morning."

I must admit, after my conversion in Christ, I lived more of Cain's curse, "You will be a restless wanderer on earth," *Genesis 4:12* than Abraham's blessing *Genesis 12:2*. Life was a bit confusing when prayers for direction seemingly went unanswered. My Christian life was not making much sense. I read my Bible hard, prayed hard, served God hard. Forgetting my first love, I played the game of putting the *things of God* ahead of God. I gave Him second place in all I did, confusing my mission with His primary purpose for my life. What I thought was my purpose turned out to be my ego. What I thought was God-serving was really self-serving.

Even today, as God grants growth and favor upon the work at Men's Discipleship Network, it also provides ample temptation to put that *work for Him*, ahead of my love for Him. I still struggle with this, often going before the Lord to ask for more of His grace.

When searching for purpose, most mistakenly start with themselves. You did not create you, how would you know? It's not about us, but about God. You were made by God for God and until you understand that point, life will not make sense.

It is said that spiritual growth is the process of replacing lies with truth. Much confusion in the Christian life comes from ignoring the simple fact, that God is far more concerned with who you are than in what you do. God's purpose for your life is a double edge sword.





# The Purpose Driven Man

First, we are to love and *know Him*, *Phil 3:10* while being conformed to the likeness and image of His Son, *Romans 8:29*. Second is our personal calling concerning our mission on earth (what we do as a vocation or ministry for the Body of Christ?) *Matthew 28:19-20*

This truth is paraphrased beautifully in the Message Bible. "It's in Christ that we find out who we are and what we are living for. Long before we first heard of Christ He had His eye on us, had designs on us for glorious living, part of the overall purpose he is working out in everything and everyone." *Ephesians 1:11*. This verse tells us three things:

- 1- Outside of Jesus you cannot know your purpose. It starts with a relationship with Him.
- 2-Your purpose was predetermined before you were born. You don't get to choose your purpose.
- 3-The purpose of your life fits into a much bigger picture that God has designed for eternity.

I have asked Pat Robertson, Bill McCartney, and the late Dr. Edwin Louis Cole, all great men of God, how they have kept their purpose (intimacy with the Lord) with all the hours of laboring for Him. Every man echoed the apostle Paul's first priority penned in Philippians 3, "to know Christ", meaning each day's tasks were in submission to time with their heavenly father.

Reading the 17<sup>th</sup> chapter of John has taken my breath away more times than not. Jesus praying for you and me, (imagine God praying to God). Verse 3 says, "And this is eternal life, that they *may know you*, the only true God and Jesus Christ whom you have sent."

This verse gives meaning to us. The pressure of striving to hit life's goals gives way to the purpose of knowing and loving God. In doing so you simplify your life and reduce stress as guilt and discouragement dissipate.

With God there is *purpose*. With purpose life has *passion*. With *passion* you *persevere* through the trials. With perseverance God will reproduce in you, the Christ-like character He desires.

So my fellow purpose driven man, by realigning God's purpose for our lives, the benefits are overwhelming. You will find a peace that will pass all understanding and strength to overcome the obstacles of life.

His great love for you is far beyond what you can imagine. He is a Father whose purpose is revealed in that love. He's crazy about you. I believe if God has a refrigerator your picture is on it.

Scott Caesar,  
Men's Pastor





# Order

## Radically Balancing Life

“The right purpose lived out in wrong priority, produces disorder and discontent.”

“When a man is out of place, his wife is misplaced, his children displaced, and God replaced.” *Anonymous*

“Success does not come from being well balanced. The opposite is true. Success comes most readily to those who renounce balance, who instead pursue a radical ordering of God’s purpose that appears imbalanced.”

**W.E.A.P.O.N.S.®**

Key Word:



**Priority**

# Out of Order

## Signs of a Man “Out of Order”

### 1). To a Man Out of Order, life will seem; \_\_\_\_\_ & \_\_\_\_\_

*No matter how much we see, we are never satisfied. No matter how much we hear, we are not content. Ecclesiastes 1:8 (NLT)*  
Thus speaks the LORD of hosts, saying: ‘This people says, “The time has not come, the time that the LORD’s house should be built. Then the word of the LORD came by Haggai the prophet, saying, *Is it time for you yourselves to dwell in your paneled houses, and this temple to lie in ruins?*” Now therefore, thus says the LORD of hosts: **Consider your ways!** You have sown much, and bring in little; You eat, but do not have enough; You drink, but you are not filled with drink; You clothe yourselves, but no one is warm; And he who earns wages, Earns wages *to put into a bag with holes.*” Thus says the LORD of hosts: **Consider your ways!** *Haggai 1:2-7(NKJV)*

### 2). To a Man Out of Order, life will seem; \_\_\_\_\_ & \_\_\_\_\_

*For truly, let not such a person imagine that he will receive anything [he asks for] from the Lord,[For being as he is] a man of two minds (hesitating, dubious, irresolute), [he is] unstable and unreliable and uncertain about everything [he thinks, feels, decides]. James 1:7-8 (Amplified Bible)*

### 3). To a Man Out of Order, life will seem; All About Me

*For wherever there is jealousy and selfish ambition, there you will find **disorder** and evil of every kind. James 3:16 (NLT)*



Notes: 

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“When a Christian man brings Biblical principles into a culture-driven home, the results are often confusion and disorder.”

## Out of Order



**What may be an area of disorder in your life? (Things placed before God)  
What area may you be slightly out of balance? An area that consumes  
your thinking, time and money as a priority.**

<b>Church</b>	_____	<b>Friendships</b>	_____	<b>Finances</b>	_____
<b>Family</b>	_____	<b>Entertainment</b>	_____	<b>Sex</b>	_____
<b>Job</b>	_____	<b>Recreation</b>	_____	<b>Sports</b>	_____

### Notes:

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“When a man takes a good thing and makes it a God thing, it becomes a bad thing.”

# A Man of Order

THE PLANS of the mind and **orderly thinking** belong to man, but from the Lord comes the [wise] answer of the tongue. Roll your works upon the Lord [commit and trust them wholly to Him; He will cause your thoughts to become agreeable to His will, and] so shall your plans be established and succeed *Proverbs 16:1, 3 (AMP)*



A man of order is a man whose thoughts are submitted to God's Word. He is Spirit-filled, Spirit-led, and Spirit-controlled.

## J.O.Y.

1. Jesus

2. Others

3. You



Seek first God's kingdom and what God wants. Then all your other needs will be met as well. *Matthew 6:33 (NCV)*

Notes:



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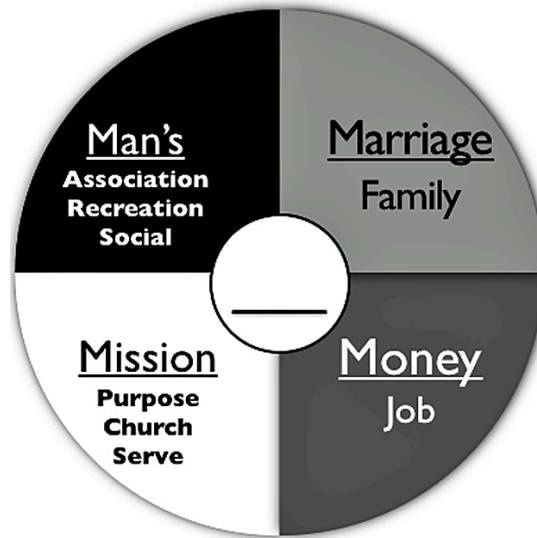
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# A Well Ordered Man

You will guard him and keep him in **perfect** and constant **peace** whose mind [both its inclination and its character] is **stayed** on You, because he commits himself to You, leans on You, and hopes confidently in You. *Isaiah 26:3 (Amplified Bible)*



## Set In Order

1. God is a God of Order. \_\_\_\_\_ God created was for purpose and order.  
\_\_\_\_\_ was a Man of Order. *Ephesians 1:9-11*
2. When values \_\_\_\_\_, compromise creates \_\_\_\_\_. *James 1:6-8*
3. A Biblical Man of Order undoubtedly knows what he \_\_\_\_\_.  
His \_\_\_\_\_ values reflect those beliefs.
4. A **Man of Order** \_\_\_\_\_ spiritually, \_\_\_\_\_ morally and \_\_\_\_\_ physically  
to what is entrusted to him. He is a good steward.
5. When a man is \_\_\_\_\_, his Wife is \_\_\_\_\_, his Children are  
\_\_\_\_\_, and God is \_\_\_\_\_.
6. Biblical submission is \_\_\_\_\_ in order. To order \_\_\_\_\_.
7. \_\_\_\_\_ is not something a woman submits to, but that which a \_\_\_\_\_ steps up \_\_\_\_\_.



"The natural outcome of godly male headship is feminine fulfillment."  
*Raymond C. Ortlund Jr.*

# Order

## Rules of Engagement

1. For God is not a God of **disorder** but of peace. *1 Cor 14:33a (NIV)*  
Let all things be done decently and in **order**. *1 Cor 14:40 (NKJV)*

Key Words: \_\_\_\_\_

Day 1 ☐

2. *For this reason I left you in Crete, that you should **set in order** the **things that are lacking**, and appoint elders in every city as I commanded you. Titus 1:5 (NKJV)*  
For you yourselves know how you ought to follow us, for we were not **disorderly** among you. *2 Thessalonians 3:7 (NKJV)*

Key Words: \_\_\_\_\_

Day 2 ☐

3. No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other. You cannot serve both God and money. *Matt 6:24 (NLT)*  
Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. *Matthew 6:33 (NLT)*

Key Words: \_\_\_\_\_

Day 3 ☐

4. For wherever there is jealousy and selfish ambition, there you will find **disorder** and evil of every kind. *James 3:16 (NLT)*

Key Words: \_\_\_\_\_

Day 4 ☐

5. In the same way, those of you who do not **give up** everything you have cannot be my disciples. *Luke 14:33 (NIV)*

Key Words: \_\_\_\_\_

Day 5 ☐

6. In everything you do, put God first, and he will direct you and crown your efforts with success. *Proverbs 3:6 (TLB)*  
The plans of the mind and **orderly thinking** belong to man, but from the Lord comes the [wise] answer of the tongue. *Proverbs 16:1 (AMP)*

Key Words: \_\_\_\_\_

Day 6 ☐

7. Place yourselves **under each other's authority** out of respect for Christ. Wives, place yourselves **under your husbands' authority** as you have placed yourselves under the Lord's authority. The husband is the head of his wife as Christ is the head of the church. It is his body, and he is its Savior. *Ephesians 5:21-23 (GW)*

Key Words: \_\_\_\_\_

Day 7 ☐

X

S.E.A.L. Team Brother

*\*Bold and Italicized emphasis added*





*Father, I thank you that I sense a peace and **order** to my life, as I am more aware of my priorities. Help me see that even good purposes must be aligned and ordered in what **You** say is greater. Father, show me what area in my life I need to re-align with your biblical order?*

*Father, what direction or person may I submit to that I may be a man of order?*

**A.sk - B.elieve - C.onfess** – Luke 11:13, James 1:5,6, Mark 11:24, 1Cor 16:13, 2Cor 12:9, 1 John 1:9

## The Power of 4

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Check off any box below that you completed this past week. Ask a S.E.A.L. Team Brother to sign off.

Attended Church <input type="checkbox"/>	<div style="border: 1px solid black; padding: 5px; display: inline-block;">           ▪ Hebrews 10:25  <b>Church</b>            Sermon         </div>	<div style="border: 1px solid black; padding: 5px; display: inline-block;">           ▪ Joshua 1:8            ▪ Psalm 1:2            ▪ 2Timothy 2:15  <b>Personal</b>            Time         </div>	<input type="checkbox"/> Personal Study Time
Family Devotion <input type="checkbox"/>	<div style="border: 1px solid black; padding: 5px; display: inline-block;">           ▪ Deuteronomy 6:6-9  <b>Family</b>            Devotion         </div>	<div style="border: 1px solid black; padding: 5px; display: inline-block;">           ▪ Acts 5:42            ▪ Matthew 18:22            ▪ Proverbs 27:17  <b>Group</b>            Study         </div>	<input type="checkbox"/> Attended Group Study

\_\_\_\_\_ X  
S.E.A.L. Team Brother



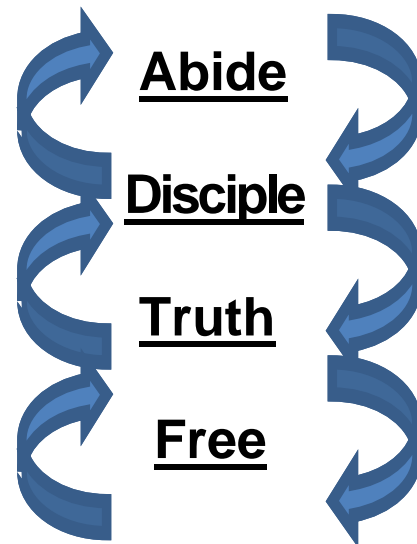
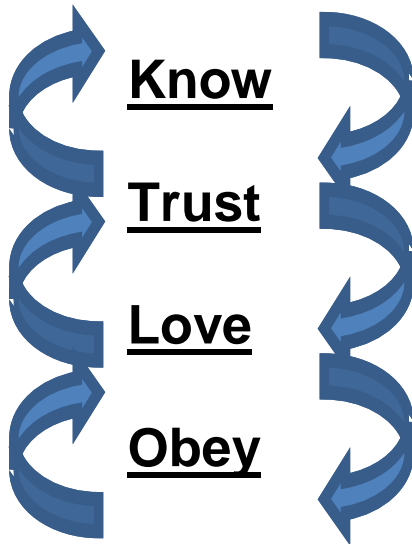


# NAMES OF GOD

## Psalm 91: The Promise

He will charge His Angels up over you, to accompany, defend and preserve you in all your ways. *Psalm 91:11 (Paraphrased) AMP*

**Because you know and understand My Name** and have personal knowledge of My mercy, love, kindness, trust and rely on Me knowing that I will never forsake you, no never. *Psalm 91:14 (Paraphrased) AMP*



OUR FATHER WHICH ART IN HEAVEN, HALLOWED BE YOUR NAME.

## Eight Names of God with Benefits

BENEFIT	HEBREW NAME	MEANING
I am Accepted	Jehovah-Tsidkenu	God is our Righteousness
I am Significant	Jehovah-M'Kaddesh	God who Sanctifies
I am Whole & Sound	Jehovah –Shalom	God is Peace
I am His Temple	Jehovah-Shammah	God is Present
I am Healed	Jehovah-Rophe	God who Heals
I am Provided for	Jehovah-Jireh	God is my Provider
I am Secure	Jehovah-Rohi	God is my Shepherd
I am Family, I share His Name	Jehovah-Nissi	God is my Banner (Standard)

# Man-Shop

*“But what about you?” “Who do you say that I Am?”*

*Matthew 16:15*



The way a man lives is profoundly shaped by his image of God. If you fail to see God as your provider (Jehovah Jireh), you will be tempted to worry and feel anxious over a need not being met. There is one aspect of God's character that he wants you to personally know more. This is a doorway to experience his presence greater than you may know Him.

Which Name of God seems meaningful to you?  
How does this one aspect of God's character make you feel?



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Talk about one Name of God and why you may want to understand it more?



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# 31 Day Devotion - Praying the Names of God

**Use the following list of God's names and attributes for devotional time with Him. Read one description daily. Worship God, focusing on Him and His goodness.**

- ☐ 1 **God is Jehovah-Tsidkenu.** Means "God is our righteousness." I am accepted. I am redeemed. Through Christ I am now righteous and in relationship with God. Jeremiah 23:6,
- ☐ 2 **God is Jehovah-M'Kaddesh.** Means "The God who sanctifies." He made you like Him. (Unique and special). God is separate from all evil and separates and cleanses you. Leviticus 20:7,8
- ☐ 3 **God is Jehovah-Shalom.** Means "The God of peace." God gives a peace that is not understood and one that is so much better than the peace the world offers. Judges 6:16-24, John 14:27
- ☐ 4 **God is Jehovah-Shammah.** Means "God is present." Present with me now. Ezekiel 48:35
- ☐ 5 **God is Jehovah-Rophe.** Means "God who heals." God alone can heal mankind. Jesus came to set men free from physical, moral (sin), and soul sickness. Exodus 15:22-26
- ☐ 6 **God is Jehovah-Jireh.** Means "The God who provides." Just as He provided yesterday, He will provide tomorrow. His provision includes strength, wisdom, guidance and materially. Genesis 22:9-14
- ☐ 7 **God is Jehovah-Rohi.** Means "God is my Shepherd." The God who is mindful of me 24/7. One who is the point man of my life. He who goes before me. I am secure. Psalm 23;1
- ☐ 8 **God is Jehovah-Nissi.** Means "God is our banner." We are now overcomers. That is the new family standard we walk under. Exodus 17:8-15, (Even more so) Romans 8:37.
- ☐ 9 **God is El-Kanna,** God is jealous over his chosen sons. He is strongly passionate against anything that attempts to interrupt His purpose and love for them. Exodus 34:14
- ☐ 10 **Jehovah-Go'el** – Means Lord My Redeemer. The Kinsman Redeemer of all who call His name. He gives right standing with God no matter how dark & deep past scars show. Isaiah. 49:26, 60:16
- ☐ 11 **God is Jehovah.** The name of the independent being—"I AM WHO I AM"—only belongs to God. Consider His indescribable greatness. Fall down in awe of the One who cannot be measured. Exodus 3:13-15
- ☐ 12 **God is holy.** God's holiness is not simply the best we know made infinitely better. God is absolutely untainted. His holiness stands apart—unique and incomprehensible. Revelation 4:8-11
- ☐ 13 **God is the Father of the Fatherless.** Bestowing acceptance, approval, and affection to an orphan heart. He affirms your manhood, in way that no earthly father can. Psalm 68:5
- ☐ 14 **God is love,** God's love is so great that he sacrificed His Son to bring us into fellowship with Him God's love encompasses the world, and each one of us personally and intimately. 1 John 4:7-10
- ☐ 15 **God is omniscient.** God knows all that can be known. His knowledge includes every possible thing that exists, has ever existed, or will ever exist. Psalm 139:1-6
- ☐ 16 **God is omnipotent.** God has power. Since God is also infinite, whatever He has must be without limit; therefore, God has limitless power. Jeremiah 32:17,18, 26,27

# 31 Day Devotion - Praying the Names of God

☐ 17 **God is merciful.** God's compassion is infinite and inexhaustible. He waits and works for all men everywhere to turn to Him, not wanting any to be lost. Deuteronomy 4:29-31

☐ 18 **God is self-sufficient.** He is the One who contains all, who gives all that is given, but who Himself can receive nothing that He has not first given. Acts 17:24-28 **God is infinite.** We cannot speak of measure, amount, or size, and be speaking of God, for He is beyond measurement. God has no beginning, no end, and no limits. Romans 11:33

☐ 19 **God is just.** God rules with absolute justice. Not fooled by appearances, God is fair, equitable, and impartial in all of His judgments. His decisions must be perfect as He is perfect. Psalm 75:1-7

☐ 20 **God is transcendent.** We must not think of God as highest in an order of beings. This would be to grant Him eminence, even pre-eminence, but this is not enough. He is transcendent—existing beyond the created universe. Psalm 113:4,5

☐ 21 **God is faithful.** Our hope for the future rests upon God's faithfulness. Because He is faithful, His covenants will stand and His promises will be honored. Psalm 89:1-8

☐ 22 **God is wrathful.** God's wrath is never capricious, self-indulgent, or irritable, as human anger often is. Instead, it is a right and necessary reaction to objective moral evil. Nahum 1:2-8

☐ 23 **God is full of grace.** Grace is the good pleasure of God that inclines Him to grant merit where it is undeserved and to forgive debt that cannot be repaid. Ephesians 1:5-8

☐ 24 **God is our Comforter.** Jesus called the Holy Spirit the "Comforter." Paul writes that the Lord is "the God of all comfort." 2 Corinthians 1:3,4

☐ 25 **God is El-Shaddai.** Means "God Almighty." It is best understood as God who is all-sufficient and all-bountiful—the source of all blessings, fullness, and fruitfulness. Genesis 49:22-26

☐ 26 **God is Father.** God loves you as if you are His only son. Jesus taught us to pray, "Our Father" (Matthew 6:9). The Spirit of God teaches us to cry, "Abba, Father," as a son. Romans 8:15-17

☐ 27 **God is El Chesed.** Means "God is loving-kindness". His love never gives up on us. Chesed is a love so enduring, so unbreakable, so relentless that it leaves you in utter wonder. Isaiah 54:10

☐ 28 **God is El Chanun.** Means "God is gracious & kind". The goodness of God is what disposes Him to be kind, benevolent, and full of good will toward all creation. Jonah 4:2

☐ 29 **God is El Gibbor.** He is Mighty & Strong. A Mighty God as warrior and champion (Isa. 9:6). God is Elohim. This name means "Strength" or "Power." He calls you Gibbor! Judges 6:12

☐ 30 **God is immutable.** All that God is, He has always been. All that He has been and is, He will ever be. He cannot change because He is perfect and will remain perfect. Psalm 102:25-28

☐ 31 **God is sovereign.** God is in control of our lives. His sovereignty rules His entire creation. To be sovereign, God must be all-knowing and all-powerful. 1 Chronicles 29:11-13

**"Whosoever calls upon the Name of the Lord"**

# Names of God

## Rules of Engagement-Scriptures

1. Yes, everything else is worthless when compared with the infinite **value of knowing Christ** Jesus my Lord. For His sake I have discarded everything else, counting it all as garbage, so that I could gain Christ. *Philippians 3:8 (NLT)*

Key Words: \_\_\_\_\_

Day 1 ☐

2. And this is **Eternal Life**: [it means] **to know** (to perceive, recognize, become acquainted with, and understand) You, the **only true and real God**, and [likewise] **to know Him, Jesus** [as the] Christ (the Anointed One, the Messiah), Whom You have sent. *John 17:3 (AMP)*

Key Words: \_\_\_\_\_

Day 2 ☐

3. But those who wish to boast should boast in this alone: that they **truly know me and understand** that I am the LORD who demonstrates unfailing love and who brings justice and righteousness to the earth, and that I delight in these things. I, the LORD, have spoken! *Jeremiah 9:24 (NLT)*

Key Words: \_\_\_\_\_

Day 3 ☐

4. I will bow down toward Your holy temple and will praise **Your Name** for Your love and Your faithfulness, for You have **exalted above** all things **Your Name** and **Your Word**. *Psalms 138:2 (NIV)*

Key Words: \_\_\_\_\_

Day 4 ☐

5. LORD, our Lord, how **excellent** (majestic and glorious) is **Your Name** in all the earth! You have set Your glory on [or above] the heavens. *Psalms 8:1 (AMP)*

Key Words: \_\_\_\_\_

Day 5 ☐

6. You have not chosen Me, but I have **chosen you** to go and bear fruit and keep on bearing, and that your fruit may be lasting [that it may remain, abide], so that whatever you ask the Father in **My Name [as presenting all that I AM]**, He may give it to you. *John 15:16 (AMP)*

Key Words: \_\_\_\_\_

Day 6 ☐

7. Therefore God also has highly exalted Him and given Him **the name which is above every name**, that at **the name of Jesus** every knee should bow, of those in heaven, and of those on earth, and of those under the earth, and *that* every tongue should confess that Jesus Christ is Lord, to the glory of God the Father. *Philippians 2:9-11 (NKJV)*

Key Words: \_\_\_\_\_

Day 7 ☐

X

S.E.A.L. Team Brother

*\*Bold and Italicized emphasis added*





*Father, I thank you that You say that You "have exalted above all things Your Name and Your Word." You say if I know and understand Your name, you will will never forsake me. I praise my unchanging God who generously bestows glimpses of His immeasurable greatness through His Names. Lord, reveal to me the one name you call Yourself, that you want to overflow my mind with.*

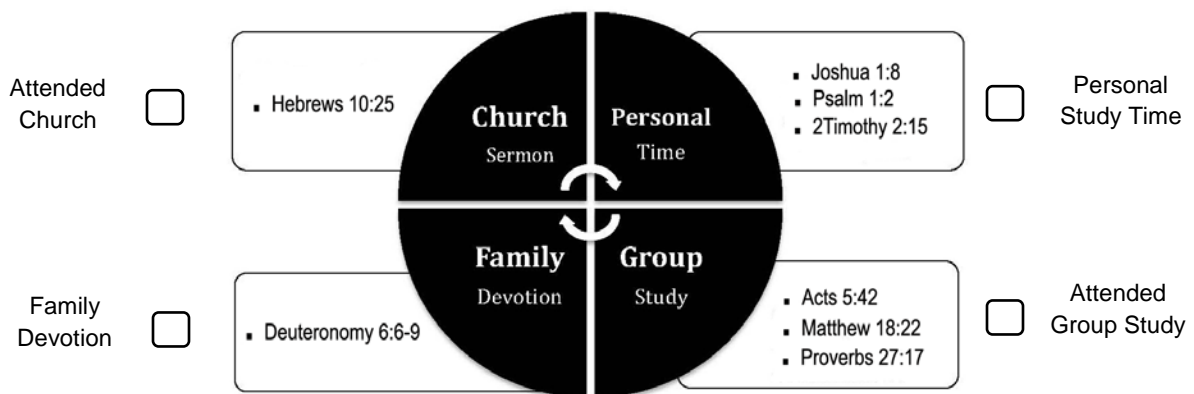
*Father, what area of my life may I surrender to You this week? 1Peter 5:7*

**A.sk - B.elieve - C.onfess** – Luke 11:13, James 1:5,6, Mark 11:24, 1Cor 16:13, 2Cor 12:9, 1 John 1:9

## The Power of 4

**My Commitment to Read or Listen to Scripture 4 Times (Touches) a Week.**

Check off any box below that you completed this past week. Ask a S.E.A.L. Team Brother to sign off.



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S.E.A.L. Team Brother X



**STRENGTHENING  
YOURSELF IN THE LORD**

# **RAK CHAZAK**

**JOSHUA 1:6.7.9**

**W.E.A.P.O.N.S.®**

## **Strength**

### **The Upside-Down Kingdom**

David strengthened himself in the Lord. *1 Samuel 30:6 (NKJV)*

“As wisdom is the application of knowledge, so courage is the application of strength.”

“Maturity in man is marked by his progressive ability to overcome self pity.”

“The measure of a man’s strength is in his surrender.”

**W.E.A.P.O.N.S.®**

**Key Word:**



**Courage**

# Upside – Down Kingdom

## *The Paradox of Biblical Strength*

- Victory comes through **surrender**
- Strength is made perfect through **weakness**
- A Leader must **follow** Christ and **serve** man
- Esteem **others above yourself** and you will be exalted
- The first shall be **last**, and last, first
- The greatest shall be the **least**
- The **measure** of a man is in his **surrender**
- Try less and ask more!

## The Paradox of Manhood

“He who humbles himself will be exalted.” *Jesus Christ (Luke 14:11)*

“So the last will be first, and the first last” *Jesus Christ (Matthew 20:16)*

“Whoever wants to become great among you must be your servant” *Jesus Christ (Mark 10:43)*

“Strength is made perfect in weakness” *(2Corinthians 12:9)*

“For when I am weak, then I am strong” *Apostle Paul (2Corinthians 12:10)*

Notes: 

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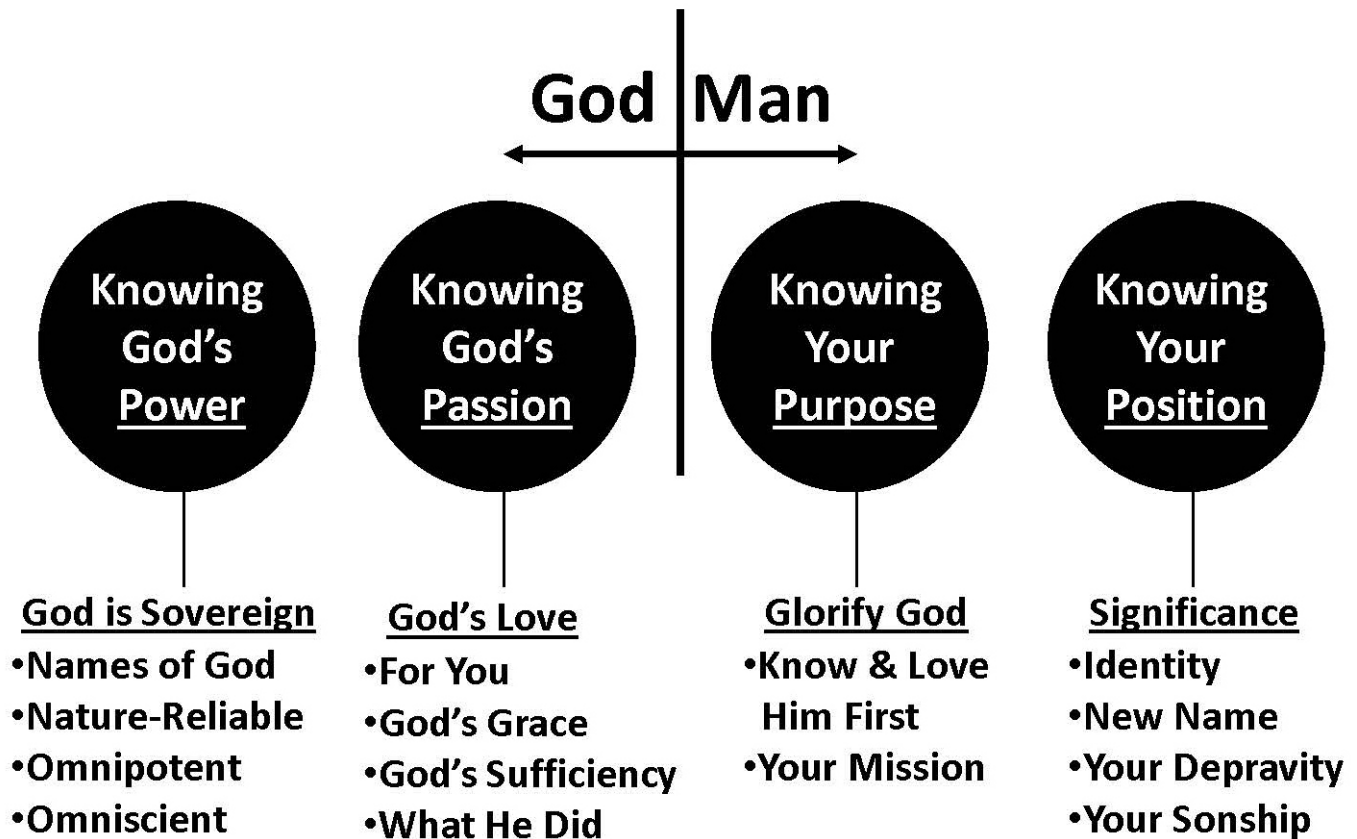
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# King David's Four Pillars of Strength

*Act like Men, Be Brave and Be Strong. 1 Corinthians 16:13*



Now David was greatly distressed, for the people spoke of stoning him, because the soul of all the people was grieved, every man for his sons and his daughters. But ***"David strengthened himself in the LORD his God."*** *1Samuel 30:6 (NKJV)*

But the people who **know** their God shall be **strong**, and carry out great exploits. *Daniel 11:32b*



"Manhood and Christ-likeness are synonymous." *Dr. Edwin Louis Cole*

"Courage is forged in private values of mind, before revealed in public sacrifice of self." Courage is always an attitude before it is an act."

*\*Bold and Italicized emphasis added*



# *How a Man Strengthens Himself in the Lord*

Where does **authentic strength** for man come from? Spirit of God

God strengthens through: 1) Word /Prayer 2) Brotherhood 3) Obedience (Act in Trust)

What is **required of man** once God gives him strength? Courage

What are **three action steps** I can take to strengthen myself in the Lord and act courageous?

1. Ask **A.**sk (Assistance in **Pray**)

I ask him **to strengthen** you by his Spirit—not a brute strength but a glorious **inner strength** that Christ will live in you as you open the door and **invite him in**. *Ephesians 3:16 -17 (MSG)*

2. Believe **B.**elieve (Boldly **Act Like it – Trust like it**)

Therefore I say to you, all things for which you pray and ask, believe that you have received them, and they will be granted you. *Mark 11:24 NASB*. The LORD turned to him and said, "**Go in the strength you have** and save Israel out of Midian's hand. Am I not sending you?" *Judges 6:14 (NIV)*

3. Confess **C.**onfess (Consistently **say** what God says – **Boast**, I can't, You can)

Anyone who speaks should speak words from God. *1 Peter 4:11a (NCV)*, *Philippians 4:13*, *2Corinthians 12:9*

*Check off areas of your life that you feel may require more of God's strength?*

My work _____	My consistency _____	My thinking _____
My integrity _____	My forgiveness _____	My discipline _____
My marriage _____	My fatherhood _____	My friendships _____
My fears _____	My words _____	My lust _____



What **one** specific area may require more strength in your life? Let's talk about it.

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*"As wisdom is the application of knowledge, so **courage** is the application of **strength**."*

*Paul's prayer to the men in Ephesus:*

For this reason I bow my knees to the Father of our Lord Jesus Christ, from whom the whole family in heaven and earth **is named**, that He would grant you, according to the riches of His glory, to **be strengthened with might through His Spirit in the inner man**, that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and depth and height-- **to know the love of Christ** which passes knowledge; that you may be filled with all the **fullness of God**. *Ephesians 3:14-19 (NKJV)*

**Bold and italicized emphasis added**

# Strength

Rules of Engagement-Scriptures

1. ***This is my command—be strong*** and courageous! Do not be afraid or discouraged. For the LORD your God is with you wherever you go. *Joshua 1:9 (NLT) “RAK CHAZAK”*  
Be on the alert, stand firm in the faith, ***act like men, be strong.*** *1Corinthians 16:13 (NASB)*

Key Words: \_\_\_\_\_

Day 1 ☐

2. This is what the LORD says: "Cursed is the one who trusts in man, who ***depends on flesh for his strength*** and whose heart turns away from the LORD". *Jeremiah 17:5 (NIV)*

Key Words: \_\_\_\_\_

Day 2 ☐

3. You will not succeed by your own strength or by your own power, but by my Spirit,' says the LORD All-Powerful. *Zechariah 4:6 (NCV)*

Key Words: \_\_\_\_\_

Day 3 ☐

4. Fear not [there is nothing to fear], for I am with you; do not look around you in terror and be dismayed, for I am your God. ***I will strengthen and harden you to difficulties, yes, I will help you;*** yes, I will hold you up and retain you with My [victorious] right hand of rightness and justice. *Isaiah 41:10 (AMP)*

Key Words: \_\_\_\_\_

Day 4 ☐

5. In conclusion, ***be strong in the Lord*** [be empowered through your union with Him]; ***draw your strength*** from Him [that strength which His boundless might ***provides***]. *Ephesians 6:10 (AMP)*

Key Words: \_\_\_\_\_

Day 5 ☐

6. And He said to me, "My grace is sufficient for you, ***for My strength is made perfect in weakness.***" Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. *2Corinthians 12:9 (NKJV)*

Key Words: \_\_\_\_\_

Day 6 ☐

7. But those who ***wait*** on the LORD shall ***renew their strength***; They shall ***mount up*** with wings like eagles, They shall run and not be weary, They shall walk and not faint. *Isaiah 40:31 (NKJV)*  
In quietness and trust is your strength." *Isaiah 30:15b*

Key Words: \_\_\_\_\_

Day 7 ☐



"Authentic faith in a man is the empowered ability to go from one failure to another with no loss of belief."

X

S.E.A.L. Team Brother

***Bold and Italicized emphasis added***



Name for God: El Gibbor. He is Mighty & Strong. A Mighty God as warrior and champion  
(Isaiah. 9:6)

*Father, I thank you that when I am weak your strength breaks out in me. Lord, I ask you to strengthen me with might, through your Spirit in my inner man. Teach me Father, like David of old to "strengthen myself in the Lord". Great God, as Jonathan strengthened David's hand, who may I strengthen this week by declaring Your matchless strength and boundless love for them?*

*Father, what area of my life may I surrender to You today? 1Peter 5:7*

**A.sk - B.elieve - C.onfess** – Luke 11:13, James 1:5,6, Mark 11:24, 1Cor 16:13, 2Cor 12:9, 1 John 1:9

## *The Power of 4*

**My Commitment to Read or Listen to Scripture 4 Times (Touches) a Week.**

Check off any box below that you completed this past week. Ask a S.E.A.L. Team Brother to sign off.

Attended Church <input type="checkbox"/>	<input type="checkbox"/> <ul style="list-style-type: none"> <li>▪ Hebrews 10:25</li> </ul>	<b>Church Sermon</b>	<input type="checkbox"/> <ul style="list-style-type: none"> <li>▪ Joshua 1:8</li> <li>▪ Psalm 1:2</li> <li>▪ 2Timothy 2:15</li> </ul>	<input type="checkbox"/> Personal Study Time
Family Devotion <input type="checkbox"/>	<input type="checkbox"/> <ul style="list-style-type: none"> <li>▪ Deuteronomy 6:6-9</li> </ul>	<b>Family Devotion</b>	<input type="checkbox"/> <ul style="list-style-type: none"> <li>▪ Acts 5:42</li> <li>▪ Matthew 18:22</li> <li>▪ Proverbs 27:17</li> </ul>	<input type="checkbox"/> Attended Group Study

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S.E.A.L. Team Brother





# ***The Superman Syndrome***

Faster than a speeding bullet! More powerful than a locomotive! Able to leap tall buildings in a single bound. "Look up in the sky! It's a bird? It's a plane No, it's Super Christian! Strange visitor from another planet, who came to earth with powers and abilities far beyond those of mortal believers. And who disguised as Clark Christian fights a never-ending battle for truth, justice and the American way!

When the Apostle Paul became of age he said he "put away childish things". Not me! When movies like "Superman Returns and Spiderman" come out, my wife Debbie and our movie study group go see it on the very first weekend.

What right thinking guy would not want to be bullet proof and have all women swoon over him. You think you struggle with your eyes and women now, imagine if you had x-ray vision? Some of you would have burnt down your town already! (You'll get that later).

The Bible says that God has set "eternity in the hearts of men". That must be why I like Superman's immortality and TV's 24 Jack Bauer; perfect power coupled with heroic humility.

I dislike when my guys get punched and show vulnerability. I even dislike close Yankee games and love 19-0 routes. Sure things are safe, secure, comfortable, and feed my flesh nature. Fear of vulnerability has me very attracted to a life of predictability, control and generally fixing stuff that does not go my way.

There is nothing wrong with our desire for safety and security. For that matter, there is nothing wrong with wanting to be strong, successful, admired and even immortal.

The Scriptures teach that when Jesus returns we will be all of these things and more. Yet in a fallen world, when these desires for safety and security are wanted more than a walk with God, we can be enticed to believe that we are invulnerable without Him ourselves and cause us to live out the "Superman Syndrome".

As much as I like cheering for Hollywood's guy, I must live in the reality of God's Kingdom if I am ever to achieve the "Abundant life".

Yes, Jesus said, "I came that they may have and enjoy life, and have it in abundance (to the full, till it overflows)." But, as Jesus uses John 10:10 to define Christianity's offer, He also pinpoints Satan's mission: To Steal, Kill and Destroy. Who do you think he's after? Certainly not Jesus. It would be likened to an ant attacking a tank.

The promise of Abundance includes the promise of warfare which ushers in a certainty of trials and pain. When we live the Superman Syndrome we learn very quickly we are not "Bullet Proof" and without God's strength we'll falter in battle if we are not first blindsided by pride.

For many Christian men the presence of God's Power equals the absence of problems or weakness. The paradox is when His Spirit comes to live inside you, you become increasingly aware of your inadequacy and your extraordinary potential.



# ***The Superman Syndrome***

*The paradox of our faith* is that God does not desire a race of Super people who the world calls self sufficient, but a people who are contrite, humble and at times broken. Check out Psalm 51. He desires you to be conformed into his own image: Jesus Christ. (Colossians 1:15, Romans 8:29)

When I work on “Scott power” I feel like the Christian life is one big test -one that I fail everyday. I feel like ducking when news of tragedy hits. Sometimes I think God said “set your mind on the things above” only because he knew how the things below would drive us crazy. Thoughts like, “Has God abandoned me?” “Did I not pray enough?” “Did I give nine percent instead of ten?”

It reduces me to the survivor mode, buying into the “hanging in there” lifestyle. After a while, the pounding of hit after hit that I do not understand, erodes my confidence that God is watching and protecting.

Only when I realize the “Paradox of True Manhood” is that victory comes through surrender and strength through weakness. Surrender does not weaken you; it strengthens you. By surrendering to God, you don’t have to fear or surrender anything else. William Booth, founder of the Salvation Army, said, “The greatness of a man’s power is in the measure of his surrender”.

Paul etched this truth in 2 Corinthians 12:9, which changed my life as I was healed of a thorn in the flesh. The apostle found such real strength through weakness that he actually bragged about it. Here is God’s answer to Paul’s request to take away his problem. “My grace is sufficient for you, for *my power is made perfect in weakness.*” “Therefore I will *boast* all the more gladly about my weaknesses, so that Christ’s power may rest on me.”

Satan calls those fleeing words. I call that “Take your breath away Scripture!” God calls it the abundant life.

Abundant life is right there for the taking, my friend. If you choose to follow Jesus you become one of His “Agents of Change” and live God’s rules of give to get, last is first and first last, you will be released from the tyranny of trying to get your own way.

Your strength is His strength now. You may not be able to leap over buildings in a single bound, but you are now the apple of His eye and living eternity now. You’re headed for a place that even Kryptonite can’t hinder. You’re Perfect! You’re with Christ!

Man of God, we all have tough questions-throw-in-the-towel-questions. Questions the disciples must have asked. In this time of war, we may not have all the answers, but our surrender is in the One who does, as we find His strength through our weakness. We have victory knowing that our every move is “Father Filtered”.

*Scott Caesar*

*\*Supporting resource #6*



# *Prayer Declaration*

## *A Biblical Man*

*Father God, I ask for your spirit of strength and grace,*

*By your grace, **I will** apply my new found discipline and courage.*

***I will** be consistent with your Word daily.*

***I will** start a revolution with your Word to renew my mind and of those I influence.*

***I will** remain accountable and hold accountable my S.E.A.L. Team Brothers.*

*Father God, I ask for the spirit of self-control and a sound mind, so*

***I will** remain consistent in touching you four or more times a week.*

***I will** attend church, as well as, a small group study of your Word weekly.*

***I will** be with you alone in prayer and the Word.*

***I will** lead my family by washing them with your Word and praying over*

*them daily as the priest of my home.*

***I will** be a complete and mature man; a courageous man. Your man, my God!*

\_\_\_\_\_  
YOUR SIGNATURE

X

\_\_\_\_\_  
S.E.A.L. TEAM BROTHER

X

*Covenant - Agreement*

# W.E.A.P.O.N.S.® Supporting Resources

## Resource Notes:

- 1 – Is the Bible Intolerant, Amy Orr-Ewing, InterVarsity Press 2006 (Page 14)
- 2 - The Power of 4, Center of Bible Engagement Survey 2009 (Page 17)
- 3 - Adapted from Every Man's Battle, Steve Arterburn & Fred Stoeker, Waterbrook Press 2009 (Page 28)
- 4 – Adapted from The Purpose Driven Life, Rick Warren, Zondervan Publishing 2002 (Page 43)
- 5 – The Knowledge of the Holy, A.W. Tozer, Harper & Row 1961; Names of God, Nathan Stone, Moody Publishers 2010; God of Glory, Kenneth Landon, Redeemer Books - 30 Days of Praying the Names and Attributes of God, The Navigators, Copyright 2007 (Pages 61-62)
- 6 - Superman Syndrome – Title taken from the book “Superman Syndrome”, Zondervan

\*Man-erisms used in the W.E.A.P.O.N.S. Curriculum are authored by Men's Pastor Scott Caesar unless otherwise noted.

\*On Today's Man Journal Pages - The Power of 4 is adapted from The Center for Bible Engagement.

This book contains nearly a thousand quotations from Scripture. I have intentionally varied the Bible translations used for two important reasons. First, no matter how wonderful a translation is, it has limitations. The Bible was originally written using 11,280 Hebrew, Aramaic, and Greek words, but the typical English translation uses only around 6,000 words. Obviously, nuances and shades of meaning can be missed, so it is always helpful to compare translations.

Second, and even more important, is the fact that we often miss the full impact of familiar Bible verses, not because of poor translating, but simply because they have become so familiar! We *think* we know what a verse says because we have read it or heard it so many times. Then when we find it quoted in a book, we skim over it and miss the full meaning. Therefore I have deliberately used paraphrases in order to help you see God's truth in new, *fresh* ways. English-speaking people should thank God that we have so many different versions to use for devotional reading.

Also, since the verse divisions and numbers were not included in the Bible until 1560 A.D., I haven't always quoted the *entire* verse, but rather focused on the phrase that was appropriate. My model for this is Jesus and how he and the apostles quoted the Old Testament. They often just quoted a phrase to make a point.

*\*The content in the supporting resources does not necessary reflect the opinion of MDN and Pastor Scott Caesar. Leaders and participants are encouraged to scripturally form their own opinion if engaging these resources.*