

A Note to the Reader

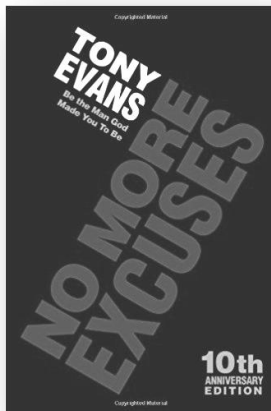
This “Fueled” tool was originally designed as a summer agenda for the men of Columbia, SC who are involved in Focused Living Men’s Forums. This booklet is formatted to help men process chapters of a Christian book so they may grow deeper in their love for Christ. If a book has more chapters than we can reasonably cover in 8-10 weeks, feel free to read any skipped chapters on your own. Though the rhythm and format of this tool are geared toward the Men of FLM, **this booklet can be used for any individual or small group study...any time of year!**

If you are like most men, your summer is already filled with vacation plans, house projects, work deadlines and hopefully a few tee times, nap times and good times! Any dude can **FILL** his summer. We want to help you **FUEL** your summer!

You were designed to be both **FILLED** and **FUELED** with God’s grace and truth (John 1:14) in His Spirit. The temptation during the summer months is to take a vacation from God. That is why so many of God’s men run on empty and end up falling out of fellowship with the Lord. Don’t do it! **FILL** your mind with His truth and **FUEL** your heart with the high octane fellowship of God and some of His men.

To help guide our focus in the Scriptures this summer, we will be reading through the following book:

No More Excuses: Be the Man God Made You to Be, by Tony Evans.
Crossway Books, Wheaton, IL. 1996. 10th Anniversary Edition, 2006.
ISBN: 1581347839 Paperback



Plan of Action

So that you don't run on empty this summer, we encourage you to fuel your life in the Lord by doing the following:

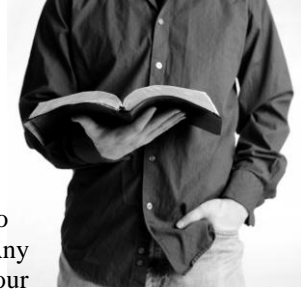
- ◆ **Purchase *No More Excuses* 10th Anniversary Edition (2006)** by Tony Evans. We encourage you to ask one man from your Men's Forum to be responsible for purchasing books based on the number of guys who confirm their summer involvement. The guys can then reimburse this point man. Late comers can purchase their own copies.
- ◆ **Personally dedicate 4 days of unhurried blocks of time** each week in the summer; basically every other day for 20-30 minutes.
- ◆ **How to interact with a chapter from *No More Excuses*.** Tony Evans includes a lot of scripture in each chapter of his book. Usually there are one or two main passages and then several supplementary verses. **We recommend reading the chapter while having your Bible open** so you can read the Scriptures mentioned. In fact, we have designed the flow of this booklet so you will have **two journaling days per chapter**. This allows you to read the chapter slowly while concurrently looking up the scripture passages. As always, record a few of your thoughts, insights and applications on these journal pages. This gives the Holy Spirit room to transform you by driving the truth of His Word from your head to your heart. Finish your time by writing a prayer from the heart in response to your time with the Father.
- ◆ **Meet with men** each week to hear their insights and share your own in order to build up one another in Christ.



Time Alone With God

WHO are you addressing?

Always start your time with a quiet, reverent prayer of praise. Recognize that you are coming into the very presence of your Creator, eternal God and gracious Lord! As you approach the Father remember that it cost Him His own Son to forgive your sin so that you could come into His presence forgiven and with great joy. Any of the following verses will help to focus your heart and mind in order to get your eyes off yourself and onto His majestic character. Psalms 1, 63:1; 73:24-25; 100; 119:18; Ezra 7:10, Ecclesiastes 5:1-2; Exodus 33:11, 18; 34:2-8; Luke 10:38-42; II Timothy 3:16-17; Rev 5:11-12; Isaiah 66:1-2



WHAT is God saying?

Read the passage as though you were there. Slowly read it at least twice to get the big picture context and to understand what is taking place. Smell the surroundings; hear the crowds; see the sights; feel the emotions; sense the relationships. Note the Who, What, Where, Why and How. Record any promises, principles, insights, commands or challenges.

SO WHAT is God saying to you?

Stop to reflect and listen. In particular, what most grabbed your attention, stirred your mind or gripped your heart? Why?

NOW WHAT is God asking you to do?

What will you do with the truth God has revealed to you? How will you obey it, process it, apply it and live it out? What is the one thing He is asking you to practically think, say or do in order to become more like Christ? With whom will you share today what you discovered while in His presence? We encourage you to write out a short, heartfelt prayer to the Lord asking Him to help you to be faithful in living out the truth He gave to you.

Forum Flow

To make your Forum less overwhelming and more fun, we encourage a **two man facilitating team** each week. Now, the weekly reading includes two chapters from the *No More Excuses* book as well as all the corresponding scriptures. That's a lot of material to process in one 59 minute forum! In light of this, we recommend that the two discussion leaders **choose one (1) chapter as their primary discussion focus.** (Only if there is time left should you move on to the unique theme of the other chapter.) The first man should lead out in discussing the Bible passages that relate to the theme. Then the other man can take the lead in discussing Tony Evans' points from the *No More Excuses* book. Be sure to meet together for prayer and for planning the actual Forum meeting.

Here's a suggested flow for a **59 minute** gathering.

- ◆ **Meet, greet and open in Prayer** for any praises, special needs or for people (3 min)
- ◆ **Remind men 'on deck'** who's facilitating next week (1 min)
- ◆ **Introduce the theme/excuse of the primary** chapter on which you chose to focus this morning. (3 min)
- ◆ **1st facilitator shares passage(s) meaning most to him.** (8 min)
 - *"As I reflected on the Scriptures (give chapter & verse) the truth God used to grab my heart was...."*
 - *"Here's one way I purpose to apply these scriptures...."*
- ◆ **2nd Facilitator shares insights from No More Excuses** book that meant most to him. (8 min)
 - *"As I read this week's chapter God taught me..."*
 - *"These principles challenged me to...."*
- ◆ **Invite others to share** the Bible truths and insights from Tony Evans that fueled their hearts. (25 min)
- ◆ **TAG Teams** This is vital. Be sure to leave room for TAG Teams. What's your main take away and how do you plan to apply it to your life? Close in Prayer. (10 min)



Road Map

Week 1 Meeting Date: _____

- No More Excuses*: Ch 1 “No More Hiding Behind the Past”
- Key Scriptures: **Genesis 37-50** (Joseph)
- No More Excuses*: Ch 2 “No More Feeling Worthless”
- Key Scriptures: **Exodus 2-4** (Moses)

Week 2 Meeting Date: _____

- No More Excuses*: Ch 3 “No More Allowing For Immorality”
- Key Scriptures: **2Samuel 11:1-12:23; Psalm 51** (Dave/Bathsheba)
- No More Excuses*: Ch 4 “No More Going Through the Motions”
- Key Scriptures: **Ecclesiastes 1-3; 12:13**

Week 3 Meeting Date: _____

- No More Excuses*: Ch 5 “No More Dabbling in Defiance”
- Key Scriptures: **Jonah 1-4**
- No More Excuses*: Ch 6 “No More Compromising Your Integrity”
- Key Scriptures: **Daniel 1-6**

Week 4 Meeting Date: _____

- No More Excuses*: Ch 7 “No More Sifting Through the Rubble”
- Key Scriptures: **Matthew 26:31-35; Luke 24:33-34; John 21**
- No More Excuses*: Ch 8 “No More Giving In To Temptation”
- Key Scriptures: **Romans 7:14 – 8:4**

Week 5 Meeting Date: _____

- No More Excuses*: Ch 9 “No More Second-rate Marriages”
- Key Scriptures: **Genesis 1-3; Ephesians 5:22-33; 1Peter 2:21-3:7**
- No More Excuses*: Ch 10 No More Passive Fathering
- Key Scriptures: **Ephesians 6:1-4; Deuteronomy 6:1-9; 1Samuel 2-4; Hebrews 12:6-11**

Week 6 Meeting Date: _____

- No More Excuses*: Ch 11 No More Sissified Males
- Key Scriptures: **1Corinthians 11:3; Joshua 4:4-7; Job 29**
- No More Excuses*: Ch 12 No More Playing the Lone Ranger
- Key Scriptures: **Prov 17:17; 18:24; 27:6, 17; 1Samuel 14, 17-23; 2Samuel 1:26-27**

Week 7 Meeting Date: _____

- No More Excuses:* Ch 13 No More Ownership
- Key Scriptures: **Malachi 1:6-10; Matthew 6:24-34; 1Timothy 6:6-19**
- No More Excuses:* Ch 14 No More Clock-punching
- Key Scriptures: **Genesis 1-3; James 4:13-17; Colossians 3:22-24**

Week 8 Meeting Date: _____

- No More Excuses:* Ch 15 No More Business as Usual
- Key Scriptures: **Psalm 128**
- No More Excuses:* Ch 16 No More Half-stepping
- Key Scriptures: **Romans 12:1-2; John 15:1-11; James 2:14-26; Matthew 5:4-12**

Week 9 Meeting Date: _____

- No More Excuses:* Ch 17 No More Standing on the Sidelines
- Key Scriptures: **Nehemiah 1-13**
- No More Excuses:* Ch 18 No More Loser's Limp
- Key Scriptures: **1Corinthians 9:22-27; Hebrews 12:1-3; 1Thes-salonians 2:19; 1Peter 5:2-4; Revelation 2:10; 2Timothy 4:7-8**

Your Fall Forum Kickoff Date _____

Forum Leadership Fall Prayer & Training _____



Week 1 Date: _____

Chapter 1 No More Hiding Behind the Past p. 13-23

Wrong thinking: “I’m the way I am today because of what happened to me in my past.”

Focus Scripture: Genesis 37-50. (Story of Joseph)

Start reading the chapter from *No More Excuses*. **Start** reading the referenced Scriptures. Journal your insights below. Respond to God by writing a prayer of response.

In what ways am I dragging my past into my present and using it as an excuse?

Where is this topic hitting home for me?



Week 1 Date: _____

Chapter 1 No More Hiding Behind the Past p. 23-32

Corrected thinking: *What happened to me in my past may explain me, but it doesn't define me...my yesterday does not have to control my tomorrow.*

Focus Scripture: Genesis 37-50. (Story of Joseph)

Finish reading the chapter from *No More Excuses*. **Finish** reading the referenced Scriptures. Journal your insights below. Respond to God by writing a prayer of response.

What lessons(s) does God desire for me to learn as I consider the difficult aspects of my past?

What change is God pressing on me to make in the power of His Holy Spirit?



Week 1 Date: _____

Chapter 2 No More Feeling Worthless p. 33-41

Wrong thinking: *“I can’t get it together because I was rejected by the people who should have loved and accepted me.”*

Focus Scripture: **Exodus 2-4.** (Story of Moses)

Start reading the chapter from *No More Excuses*. **Start** reading the referenced Scriptures. Journal your insights below. Respond to God by writing a prayer of response.

When have I desired to do the right thing but actually did it in the wrong way? How did I handle it when I was misunderstood or rejected?



Where is this topic hitting home for me?

Week 1 Date: _____

Chapter 2 No More Feeling Worthless p. 42-49

Corrected thinking: “God wants to use the rejection I’ve experienced in the past as a stepping stone, not a stumbling block.”

Focus Scripture: Exodus 2-4. (Story of Moses)

Finish reading the chapter from *No More Excuses*. **Finish** reading the referenced Scriptures. Journal your insights below. Respond to God by writing a prayer of response.

How does my view of God affect how I feel about my past?

What change is God pressing on me to make in the power of His Holy Spirit?

