

A Note to the Reader

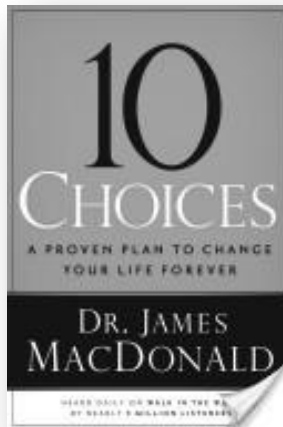
This “Fueled” tool was originally designed as a summer agenda for the men of Columbia, SC who are involved in Focused Living Men’s Forums. This tool is formatted to help men process 10 chapters of a Christian book so they may grow in Christ. If a book has more chapters, feel free to read any skipped 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). 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:

10 Choices: A Proven Plan to Change Your Life Forever
Thomas Nelson, Nashville, TN. 2008.
ISBN 978-0-7852-2820-2 Hardcover



Plan of Action

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

- ◆ **Purchase 10 Choices**. We encourage you to ask one man from your 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.
- ◆ **Personally dedicate 3-4 unhurried blocks of time** (25-40 mins) each week in the summer.
- ◆ **Read and journal on the selected Bible passages**. Reading with a posture to obey and then recording a few of your thoughts, insights, and applications gives the Holy Spirit room to transform you. Most of the Scriptures included in this booklet are passages that are referenced in *10 Choices*. Journal in a way that is meaningful to you. We have provided a “Time Alone with God” template to help you get started.
- ◆ **Read and interact with a chapter from 10 Choices** AFTER you have read the scripture passages. Use the application section at the end of each chapter labeled “A Choice to Make” to personalize your response. Record your thoughts.
- ◆ **Meet with men** each week in your Forum to hear their insights and share your own.



Time Alone With God

LORD, HELP ME TO FOCUS MY HEART/MIND IN PRAYER.

GOD, I READ THIS PASSAGE AS THOUGH I WERE THERE!

Slowly read the passage twice to get the big picture. Circle the phrases which grab your heart. Note the Who, What, Where, Why and How.

HOOK (Observation: What it says)

General observations:

Father, the verse or phrase which hooked my heart is...

This verse caught my attention because...

BOOK (Interpretation: What it means)

Lord, as I study this passage, You are teaching me these principles, insights and challenges:

- 1.
- 2.
- 3.

LOOK (Application: How I plan to obey this truth)

As my Lord, the one thing You are asking me to *think*, *say* or *do* in order to become more like Christ is...

TOOK (Integration: Giving these truths to others)

Holy Spirit, I understand that I really can't own these truths until I give them away! So, the principle I am most excited about and committed to sharing with my wife, children or a friend today is...

SHOOK (Supplication: Prayer for faith, love, wisdom, obedience and strength) *"When they had prayed, the place where they had gathered together was shaken, and they were all filled with the Holy Spirit, and began to speak the word of God with boldness."* (Acts 4:31)

Father, hear my prayer which I write from my heart in response to our time of fellowship together!

Road Map

Week 1 Meeting Date: _____

- Psalm 19 (especially verses 1-6); Psalm 14:1
- 1John 4:7-21; John 3:16
- Luke 15 (especially verses 1-2, 11-32)
- 10 Choices:*
 - o **My Identity Choices:** p 2-3
 - o **Choice 1 - I Choose God's Love** p 5-23

Week 2 Meeting Date: _____

- Exodus 20: 1-20; Matthew 5:21-22; 27, 28; James 2:10
- Luke 16:19-31
- Psalm 103; Psalm 32
- 10 Choices: Choice 2 - I Choose God's Forgiveness* p 25-52

Week 3 Meeting Date: _____

- Colossians 1 (especially verses 15-20)
- Philippians 2:1-11; Matthew 7:12-29
- Joshua 24 (especially verses 14,15)
- 10 Choices:*
 - o **My Authority Choices** p 54-55
 - o **Choice 3 - I Choose Jesus Christ as Lord** p 57-79
- Read Appendix A "That's My King" p 270

Week 4 Meeting Date: _____

- Matthew 4:1-11; 2Timothy 2:15 and 3:16
- Psalm 119 (esp 1-18; 105-112)
- Matt 8:1-13; 2Peter 1:20,21; Deut 6:1-9
- 10 Choices: Choice 4 - I Choose the Bible as God's Word* p 81-112
- Start the challenge to be in the Word daily!

Week 5 Meeting Date: _____

- Matthew 6:9-15; Luke 23:32-49 (especially verse 34)
- Matthew 18:15-35
- Ephesians 4:31-32; Romans 12:17-21; Acts 7:51-60 (especially verse 60)
- 10 Choices:*
 - o **My Capacity Choices** p 114-115
 - o **Choice 5 - I Choose to Forgive** p 117-143

Week 6 Meeting Date: _____

- Matthew 6:25-34; Philippians 4:6-7
- Matthew 8:23-27; Isaiah 41:10-13
- For today's scripture, turn to Appendix B on p 272 of *10 Choices*. Scan the categories listed (i.e. heartache, disappointment, failure, etc.). Choose one category that you resonate with right now and slowly read each of the verses listed under that heading.
- 10 Choices*: Choice 6 - **I Choose to Trust** p 145-162

Week 7 Meeting Date: _____

- Luke 12:13-21; Matthew 6:19-21 (think priorities)
- Job 1:1-5; Colossians 3:12-21
- 1 Corinthians 13:1-13
- 10 Choices*:
 - o **My Priority Choices** p 164-165
 - o Choice 7 - **I Choose to Love My Family First** p 167-189

Week 8 Meeting Date: _____

- Matthew 6:1-7, 16-18
- Matthew 23:1-28
- 1Samuel 16:1-13 (especially verse 7); Hebrews 4:12-16 (especially verse 13); 1Corinthians 4:4,5
- 10 Choices*: Choice 8 - **I Choose to Be Authentic** p 191- 214

Week 9 Meeting Date: _____

- John 13:1-17
- Matthew 20:17-28
- Psalm 100:2; Romans 7:6; Galatians 5:13; Ephesians 6:7; Philippians 2:1-7
- 10 Choices*:
 - o **My Destiny Choices** (pp 216-217)
 - o Choice 9 - **I Choose to Serve** (pp 219-241)

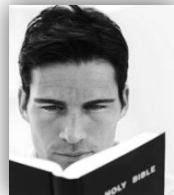
Week 10 Meeting Date: _____

- Deuteronomy 30
- Matthew 10:32-33; Philippians 1:21; 1Corinthians 16:13; Jude 24,25; Matthew 24:13; Romans 14:4
- Matthew 5:13-16
- 10 Choices*:
 - o **I Choose to Stand** p 243-263
 - o Epilogue p 265-269

Week 1 Date: _____

**I Choose God's Love:
Psalm 19 (especially verses 1-6); Ps 14:1**

Read and process the passage using the *Time Alone with God* template (or journal in your own manner). Respond to the truth that most fueled your soul by writing a heartfelt prayer to the Lord.



Week 1 Date: _____

**I Choose God's Love:
1John 4:7-21; John 3:16**

Read and process the passage using the *Time Alone with God* template (or journal in your own manner). Respond to the truth that most fueled your soul by writing a heartfelt prayer to the Lord.

