

A Note to the Reader

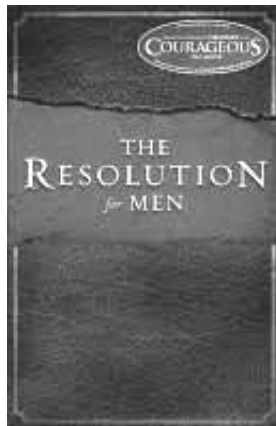
This “Fueled” tool was originally designed as a summer agenda for the men of Columbia, SC who are involved in Focused Living Men’s Forums. This tool is formatted to help men process 8 chapters of a Christian book so they may grow in Christ. If a book has more chapters, feel free to read any skipped chapters 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:

The Resolution for Men, by Stephen and Alex Kendrick
B&H Publishing, Nashville, TN. 2011.
ISBN 978-1-4336-1722-7



Plan of Action

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

- ◆ **Purchase *The Resolution for Men***. 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 *The Resolution for Men*. 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 *The Resolution for Men*** AFTER you have read the scripture passages. Use the discussion questions starting on page 251 to help you process what you have just read. Record you insights.
- ◆ **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!*

Summer Road Map



The following schedule allows for a break during 4th of July week as well as a week off at the end of the summer. The fall forum schedule begins on August 13. Also note that *The Resolution for Men* has 15 chapters and this booklet only covers 8. We encourage you to finish on your own or with your TAG team.

Week 1 Meeting Date: _____

- Ephesians 5:1-21(especially verses 14-16)
- 2Samuel 10:6-19 (especially vs 11-12); Nehemiah 6:1-9
- Proverbs 17
- Chapt 1 “Why We Need Men of Resolution”
- Life Assignment: View the movie, *Courageous*

Week 2 Meeting Date: _____

- Psalm 78:1-8; 70-72 (feel free to read entire psalm!)
- Deuteronomy 30:19-20; Psalm 37
- Joshua 24:13-24; Judges 2:8-15
- Chapt 2 “A Lifelong Vision of Fatherhood”
- Life Assignment: “Seven Steps to Better Sex”

Week 3 Meeting Date: _____

- Romans 6
- Acts 19:18-20; Mark 9:43-47; Hebrews 12:1-2
- John 8:1-59(:30-32)
- Chapt 3, “Becoming a Chain Breaker”

Week 4 Meeting Date: _____

- Luke 2:39-52
- 1Kings 2:1-4; 1Chronicles 28:9-10,20; 1Corinthians 13:11; 1Corinthians 16:13,14; 1John 2:14
- Psalm 127, 128
- Chapt 4 “Resolve to Be a Man of Responsibility”
- Life Assignment: “Accountability for Men”

Week 5 Meeting Date: _____

- Joshua 1:1-9
- Mark 10:42-45; John 15:1-17 (especially verse 13)
- Proverbs 3
- Chapt 5 “Resolve to Lead Your Family”
- Life Assignment: “How to Pray for Your Family”

Week 6 Meeting Date: _____

- 1John 4:7-21
- Eph 5:15-33
- Prov 5; Prov 6:20-35
- Chapt 6 “Resolve to Love Your Wife”
- Life Assignment: “Avoiding Pornography”

Week 7 Meeting Date: _____

- Deut 6
- Mark 1:11; Numbers 6:22-27; Proverbs 18:21; Eph 4:29
- Eph 6:4; Col 3:21; Malachi 4:6; Luke 1:13-17
- Chapt 7 “Resolve to Bless Your Children”

Week 8 Meeting Date: _____

- 1Timothy 4:1-16
- 2Chron 16:9; Matthew 5:3; Psalm 127:1, 2Corinthians 3:5; Psalm 16:1-11
- 2Peter 1:1-11; Hebrews 13:5-6; Romans 8:31-39
- Chapt 15 “Resolve to Leave a Legacy”

Date: _____

Ephesians 5:1-21(especially vs 14-16)

Read/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.



Date: _____

2Samuel 10:6-19 (especially 11-12);

Nehemiah 6:1-9

Read/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.



Date: _____

Proverbs 17

Read/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.



Date: _____

Chapter 1 The Resolution For Men

“Why We Need Men of Resolution”

Read the chapter from *The Resolution for Men*. Use a highlighter. Record your insights below. The discussion questions starting on **page 251** will help you personalize what you have just read.

