

## **A Note to the Reader**

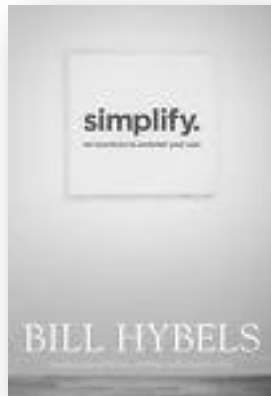
This “Fueled” tool was originally designed as a summer agenda for the men of Columbia, SC who are involved in Focused Living Men’s Forums. This tool is formatted to help men process 8-10 chapters of a Christian book so they may grow deeper in their love for Christ. If a book has more chapters, feel free 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) 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:

***Simplify: Ten Practices to Unclutter Your Soul***, by Bill Hybels. Tyndale Momentum, Carol Stream, IL. 2014.  
ISBN 978-1-4143-9122-9 Hardcover



# Plan of Action

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

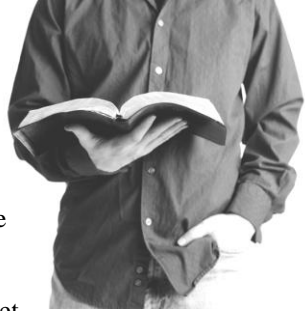
- ◆ **Purchase Simplify.** We encourage you to ask one man from your Men's Forum to be responsible for purchasing books based on the number of guys who confirm their summer involvement. The guys can then reimburse this point man. Late comers can purchase their own copies either in print or by eBook.
- ◆ **Personally dedicate 4-5 days of unhurried blocks of time** (20-30 minutes) each week in the summer; basically every other day.
- ◆ **Read and interact with a chapter from Simplify.** Record your thoughts by highlighting and journaling. The "Action Step" section in the back of each chapter will help you process what you have read. Don't skip these!
- ◆ **Read and journal on the selected Bible passages.** Read with a desire to meet God face to face and to obey what He puts on your heart. Record a few of your thoughts, insights and applications. 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 short prayer in response to your time with the Father. Many of the Scriptures included in this booklet are passages that are referenced in *Simplify*. Sometimes we'll reference a single verse or two, so feel free to scan the passage for context. Journal in a way that is meaningful to you. We have provided a "Time Alone with God" template in this booklet to help you get started.
- ◆ **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 leadership team** each week. One man can take the lead in discussing the Bible passages and the other man can take the lead in the discussion of the *Simplify* book. Be sure to meet together for prayer and planning the actual Forum meeting. Please use the following **59 minute** flow as you facilitate the Men's Forum together.

- ◆ **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)
- ◆ **Intro main theme of this week's passages** (1 min)
- ◆ **1st facilitator shares passage(s) meaning most to him.** (5 min)
  - *"As I reflected on the Scriptures (give chapter & verse) the truth God used to grab my heart was...."*
  - *"These verses fueled me to action. I am going to live the truth out by...."*
- ◆ **Invite others to share** the Bible truths which fueled their hearts and souls using the same pattern you shared. (15 min)
- ◆ **2<sup>nd</sup> Facilitator shares insights from Simplify book that meant most to him.** (5 min)
  - *"As I read this week's chapter God taught me..."*
  - *"These principles challenged me to...."*
- ◆ **Invite others to share** the insights that fueled their hearts as they read the *Simplify* book and began action steps (15 min)
- ◆ **Close in prayer** (3 min)
- ◆ **TAG Teams** What's your main take away and how do you plan to apply it to your life? (10 min)



# Road Map

**Week 1 Meeting Date:** \_\_\_\_\_

## **From Exhausted to Energized**

- Simplify*: Ch 1 “Replenishing Your Energy Reserves” (p 1-28)
- John 10:10; 14:27; 15:5; 16:33; Matt 11:28-30;
- Luke 10:38-42; Mark 1:35; 6:30-33; John 17:3; Ex 33:11, Gal 1:10
- Psalm 127:1-5
- Simplify* Action Plan (p 27-28)

**Week 2 Meeting Date:** \_\_\_\_\_

## **From Overscheduled to Organized**

- Simplify*: Ch 2 “Harnessing Your Calendar’s Power” (p 29-54)
- Eph 5:10, 15-21; Matt 5:33-37; 6:33; James 4:13-17
- Proverbs 3:5-6; 23:19; 27:12; Jeremiah 6:16
- Ex 20:8-11; 31:12-18; Luke 4:16; Ps 46:10; Neh 13:15-22
- Simplify* Action Plan (p 53-54)

**Week 3 Meeting Date:** \_\_\_\_\_

## **From Overwhelmed to In Control**

- Simplify*: Ch 3 “Mastering Your Finances” (p 55-82)
- Luke 19:1-10
- 1Tim 6:6-19; Phil 4:10-19
- Ps 24:1; 50:12; Job 41:11; 1Cor 4:2,7; Prov 6:6-8; 27:23;
- Simplify* Action Plan (p 80-82)

**Week 4 Meeting Date:** \_\_\_\_\_

## **From Restless to Fulfilled**

- Simplify*: Ch 4 “Refining Your Working World” (p 83-108)
- Exodus 18:9-24; 31:1-6; 35:30-36:7; Deut 8:17-18
- Col 3:17,22-24; Heb 3:12-13; 13:17
- Matt 14:22-33
- Simplify* Action Plan (p 107)

**Week 5 Meeting Date:** \_\_\_\_\_

## **From Wounded to Whole**

- Simplify*: Ch 5 “Making Room for Forgiveness” (p 109-138)
- Luke 23:34; 1Pet 4:7-9; Rom 12:18; 1Cor 13:5
- Luke 7:36-50 (esp :47)
- Matt 5:23-26; 18:15,21,22; Eph 4:32; Col 3:12-14
- Simplify* Action Plan (p 134-137)

**Week 6 Meeting Date:** \_\_\_\_\_

**From Anxious to Peaceful**

- Simplify*: Ch 6 “Conquering Your Fears” (p 139-168)
- Joshua 1:1-9
- 2Kings 6:8-23 (esp. :16,17); Psalm 16:8; 34:4; Isaiah 41:10; 43:1-3; Habakkuk 3:16-19
- Philippians 4:4-9
- Simplify* Action Plan (p 166-168)

**Week 7 Meeting Date:** \_\_\_\_\_

**From Isolated to Connected**

- Simplify*: Ch 7 “Deepening Your Relational Circles” (p 169-204)
- Proverbs 6:16-19; 12:26; 13:20; 17:17; 18:24; 27:6,17; Gal 5:22,23
- 1Thes 2:1-20
- Philippians 2:19-30; Romans 16:1-27
- Simplify* Action Plan (p 202-204)

**Week 8 Meeting Date:** \_\_\_\_\_

**From Drifting to Focused**

- Simplify*: Ch 8 “Claiming God’s Call on Your Life” (p 205-224)
- Appendix B verses on Assurance through Courage (p 289)
- Appendix B verses on Faithfulness through Love (p 293)
- Appendix B verses on Peace through Sacrifice (p 298)
- Simplify* Action Plan (p 224)

**Week 9 Meeting Date:** \_\_\_\_\_

**From Stuck to Moving On**

- Simplify*: Ch 9 “Welcoming New Seasons” (p 225-254)
- Eccl 3:2-8; Rom 8:28, 35-39; 2Cor 12:7-10
- Psalm 139
- Job 1:20-22; 13:15; 42:1-6; Phil 3:4-14
- Simplify* Action Plan (p 253-254)

**Week 10 Meeting Date:** \_\_\_\_\_

**From Meaningless to Satisfied**

- Simplify*: Ch 10 “The Legacy of a Simplified Life” (p 255-284)
- Is 40:6-8; 28-31; James 4:14; Psalm 90
- Philippians 1:6, 21-23; 2Cor 4:7,16-18
- Psalm 23; Luke 9:23-26; 2Cor 5:15
- Simplify* Action Plan (p 282-284)

**Week 1 Date:** \_\_\_\_\_

**From Exhausted to Energized**  
**Chapter 1: *Simplify* p. 1-28**

**“Replenishing Your Energy Reserves”**

Using a highlighter, read the chapter from *Simplify*.  
Journal your insights below. Respond to God by  
writing a prayer of response.

