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:

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 Fearless.** 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.

♦ **Personally dedicate 3-4 unhurried blocks of time** (20-30 mins) each week in the summer; basically every other day.

♦ **Read and journal on the selected Bible passages.** Read with a desire to obey and then 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. Most of the Scriptures included in this booklet are passages that are referenced in Fearless. 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.

♦ **Read and interact with a chapter from Fearless** AFTER you have read the scripture passages. Again, record your thoughts. The Discussion Guide section in the back of the book contains questions to help you process what you have read as well as some possible action points to battle your fears. Don’t skip these!

♦ **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

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!
Week 1 Meeting Date: ____________

Why Are We Afraid?
- Matt 8:18, 23-27; Mark 4:35-41 (parallel passage)
- John 14:1, 27; John 16:33; 2Tim 1:7; Joshua 1:5-9
- Fearless: Chapter 1 “Why Are We Afraid?” pp. 1-14
- Discussion Guide p.182: Examining Your Fear / Battling Fear

Week 2 Meeting Date: ____________

Fear of Disappointing God
- Matt 9:2-8; Mark 2:1-12 (parallel passage)
- John 3:16-18,36; 1John 1:9; 3:20; 4:18; Romans 8:1
- Fearless: Chapter 3 “God’s Ticked Off at Me” pp. 29-39
- Discussion Guide p.187: Examining Your Fear / Battling Fear

Week 3 Meeting Date: ____________

Fear of Running Out
- Mark 6:30-44; John 6:1-13 (parallel passage)
- Matt 6:25-34
- Fearless: Chapter 4 “Woe, Be Gone” pp. 41-51
- Discussion Guide p.189: Examining Your Fear / Battling Fear

Week 4 Meeting Date: ____________

Fear of Not Protecting My Kids
- Luke 8:40-56; Mark 5:21-43 (parallel passage)
- Genesis 22:1-18; Heb 11:19
- Fearless: Chapter 5 “My Child Is in Danger” pp. 53-64
- Discussion Guide p.192: Examining Your Fear / Battling Fear

Week 5 Meeting Date: ____________

Fear of Overwhelming Challenges
- Matt 14:22-33
- Lamentations 3:1-25; Romans 8:31-39
- Fearless: Chapter 6 “I’m Sinking Fast” pp. 65-76
- Discussion Guide p.194: Examining Your Fear / Battling Fear
Week 6 Meeting Date: ____________
Fear of Worst-Case Scenarios
- Mark 14:32-42; Matt 26:36-46 (parallel passage)
- Hebrews 5:5-9; 1Peter 2:21-25; 2Tim 4:14-18
- *Fearless*: Chapter 7 “There’s a Dragon in My Closet” p77-88
- *Discussion Guide* p197: Examining Your Fear / Battling Fear

Week 7 Meeting Date: ____________
Fear of the Coming Winter
- 1Timothy 6:6-10, 17-19; Proverbs 23:4-5; Mark 12:41-44
- *Fearless*: Chapter 9 “Make-Believe Money” p101-112
- *Discussion Guide* p201: Examining Your Fear / Battling Fear

Week 8 Meeting Date: ____________
Fear of Life’s Final Moments
- John 14:1-3; Hebrews 2:14-15
- 1Corinthians 15:1-27, 58
- *Fearless*: Chapter 10 “Scared to Death” p113-122
- *Discussion Guide* p204: Examining Your Fear / Battling Fear

Week 9 Meeting Date: ____________
Fear That God Is Not Real
- John 20:19-29; Romans 10:9-17
- *Fearless*: Chapter 12 “The Shadow of a Doubt” p135-147
- *Discussion Guide* p208: Examining Your Fear / Battling Fear

Week 10 Meeting Date: ____________
Fear of God Getting Out of My Box
- Matt 17:1-8; Mark 9:2-8; Luke 9:28-36; 2Peter 1:16-18 (parallel passages)
- 1Timothy 6:13-16; Psalm 27:1; 1Peter 1:17-21; Rev 20:11-15
- *Fearless*: Chapter 14 “The One Healthy Terror” p161-171
- *Discussion Guide* p214: Examining Your Fear / Battling Fear
Week 1    Date: ___________

Why Are We Afraid?
Matthew 8:18, 23-27; Mark 4:35-41 (parallel passage)

Read and process the passage(s) 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. Reflection questions related to some of these passages can be found in the “Discussion Guide” under the subtitle, “Exposing Fear” on p. 183.
Week 1  Date: __________

Why Are We Afraid?
John 14:1, 27; John 16:33; 2Timothy 1:7; Joshua 1:5-9

Read and process the passage(s) 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. Reflection questions related to some of these passages can be found in the “Discussion Guide” under the subtitle, “Exposing Fear” on p. 183.
Week 1  Date: __________

Why Are We Afraid?
Chapter 1: Fearless p. 1-14

Read the chapter from Fearless. Record and journal your insights below in the form of a prayer.