

Your Man Plan

Identify a few steps you will take over the coming 120 days to pursue your calling as a man.

As a Man...

Suggestion: Invite someone that you respect to speak into your life.

As a Son...

Suggestion: Send a note of thanks to your parents.

As a Husband...

Suggestion: Send one love note per week to your wife.

As a Father...

Suggestion: Start a weekly family time routine.

As a Grandfather...

Suggestion: Text, email or write a note of encouragement to each grandchild about his/her spiritual journey.

For additional ideas on becoming intentional at home, stop by the HomeLife Center or visit hillcrestbc.com/homelife.

THE MAN PLAN

Pursuing Your Heroic Call



Tools For Men

Man Appraisal

How intentional have you been during the past 120 days?
Check all that apply.

As a Man...

I have honored God by...

- Fostering spiritual disciplines in my life
- Serving my God, my church, and others
- Inviting another man to speak into my life and hold me accountable

As a Son...

I have honored my father and mother by...

- Showing them appropriate respect
- Expressing gratitude for their investment in me
- Taking initiative to support myself financially
- Fostering spiritual disciplines in my life
- Establishing my own home/family

As a Husband...

I have loved my wife "as Christ loved the church" by...

- Having a "date night" twice or more per month to focus on her needs and connect relationally
- Writing a note, giving flowers or initiating some other tangible expression of my love at least twice per month
- Calling during the day, sitting down to chat, taking walks together or creating some other non-task driven communication routine at least three times per week
- Praying with my wife (other than saying grace over a meal) at least twice per week
- Demonstrating meaningful touch (hugs, kisses, caressing) and/or affection at least once per day

I have taken steps to protect my marriage by...

- Establishing or maintaining boundaries and accountability in vulnerable areas such as sexual temptation, a bad temper, office relationships, time away from home, demeaning language, substance abuse, etc.
- Making consistent effort to take care of myself physically and emotionally to be the best lifelong partner I can be
- Apologizing and/or forgiving before going to bed after a conflict

As a Father...

I have invested in my children's faith by...

- Doing something special with each child (hobby, ice cream date, movie night, etc.) at least twice per month
- Connecting relationally with my children (texting, chatting, helping with homework, eating dinner together at the table, etc.) at least once per day
- Creating or capturing an occasion within the home for passing my beliefs and values to my children (family time activity, mealtime conversation, bedtime reading, etc.) at least once per week
- Praying with my children (including meals, bedtime, etc.) at least five times per week
- Apologizing and/or forgiving before going to bed after a conflict

As a Grandfather...

I have influenced the next generation's faith by...

- Doing something to foster a relational connection with my grandchildren (wrote a note, hobby, ice cream date, phone chat, etc.) at least once per month
- Doing something intentional to directly (with grandchildren) or indirectly (by assisting the parents) help my grandchildren inherit a strong spiritual legacy at least once in the past 120 days

Your Manly Grade

Grade your level of intentionality over the past 120 days.

- A** Exceedingly Manly
- B** Better than the Average Joe
- C** The Average Joe
- D** Fairly Passive
- F** Pretty Pathetic

