

What to Expect

Strong27™ was founded on the concept of a mentor and protégé meeting face-to-face to experience accountability, balance and spiritual growth. Whether it is a 1-to-1 mentorship or a micro group, face-to-face mentorships provide the best opportunity for a man to be sharpened.

In order for men to be sharpened and families, churches and communities to be strengthened, Men of Iron designed Strong27™ as a model for mentors and protégés to follow. The Strong27™ model is broken into four focus areas:

- › 5F Goals
- › Reading & Reflection
- › Anchor Point
- › Meetings

5F Goals

FAITH, FAMILY, FRIENDS, FITNESS & FINANCES

We believe men are distinctly called to be Godly leaders in their families, their churches and their communities. Strong27™ focuses on developing men to lead their families, churches and communities. Because iron sharpens iron, we encourage men to live up to a Godly standard of leadership and strength in their faith, family, friends, fitness and finances. Setting goals and objectives within the 5F model and regularly discussing your progress will help instill principles, standards and behaviors of a strong, balanced leader.

Reading & Reflection

Reading and reflection are also key foundations to successful mentorships.

Unfortunately, most men don't take the time and lack the intentionality to read and reflect. Strong27™ will encourage mentors and protégés to do what effective leaders do – read and reflect. The readings don't need to be long or difficult, but they should spark reflection in the areas of faith, family, friends, fitness and finances. The late Harry Truman once said, *“Not all readers are leaders, but all leaders are readers.”*

How to Use This Mentorship Guide

In order to better equip mentors and protégés for growth in the 5 F's, Men of Iron designed this Mentorship Guide with two main sections:

- › Meeting Tools
- › Reading & Reflection

Meeting Tools

The purpose of the Mentorship Guide is to provide each mentor and protégé with the tools and resources needed to experience a successful and effective mentorship. This section provides you and your mentor/protégé enough tools for 24 meetings. Men of Iron guarantees intentional conversations if you commit to using the tools. The meeting tools provided in this guide are the following:

- › Meeting agendas
- › Monthly recaps
- › Weekly assessments
- › Meeting notes

Reading and Reflection

The purpose of the second section of the Mentorship Guide is to provide you and your mentor/protégé with nine reading and reflection assignments. These reading and reflection assignments are to be completed during the first 90 days of mentorship – the time for you and your mentor/protégé to narrow down your focus on ***faith goals only***.

In order to encourage this narrowed focus, Men of Iron designed the assignments to focus specifically on the spiritual disciplines of God's Word, prayer and solitude. We would list the titles of each assignment below, but that would take the fun and anticipation out of the journey. Instead, complete one assignment at a time, and in the words of Philadelphia 76ers center, Joel Embiid: "Trust the process."

The readings are short, descriptive sections based on the assignment's theme and are followed up with several Reflection Questions for protégés to answer. The reflection questions will help you and your mentor/protégé get a better understanding of where you're at on the faith journey.

We pray God's Word would provide the foundation for for mentorship. Therefore, each reading includes several passages of Scripture to study.

Goal of Strong27™

At Men of Iron, we believe men are distinctly called to be Godly leaders for their families, their churches and their communities. We also recognize the need to rely on God and others as we pursue leadership and strength.

Take into account Luke 18:11-14.

¹¹The Pharisee stood by himself and prayed: 'God, I thank you that I am not like other people—robbers, evildoers, adulterers—or even like this tax collector. ¹²I fast twice a week and give a tenth of all I get.'

¹³"But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, 'God, have mercy on me, a sinner.'

¹⁴"I tell you that this man, rather than the other, went home justified before God. For all those who exalt themselves will be humbled, and those who humble themselves will be exalted."

To enter the Strong 27™ program, we're calling you to take a similar posture of humility as the tax collector. Read our three goals below, and know this life often requires help from God and others around you.

1. KNOW GOD

Our goal, in general, on earth is to get acquainted with God. Our desire is that by getting to know God, you will be emboldened to urge others the same way.

2. KNOW YOUR PURPOSE

Too many men wander aimlessly in life. What's dangerous is that if they have money, power, or success they won't think they're wandering at all. Our goal is to make you aware of true purpose in this life.

3. KNOW EACH OTHER

The mentorship aspect is based off Jesus' Great Commission to his disciples. You are taking part in a cyclical process, and one we are called to foster. Finding balance in your faith, family, friends, fitness and finances is accomplished alongside of others.

Reading and Reflection

Protégé

STANDARDS & EXPECTATIONS

- › Initiate contact with your mentor on a consistent basis
- › Prepare for each meeting and lead the dialogue
- › Focus on SMART growth goals
- › Be willing to do what's needed for growth
- › Be coachable – listen and take action
- › Show appreciation to your mentor
- › Hold information in strict confidence
- › Complete and follow up on agreed-upon action items
- › Create a detailed agenda for each meeting
- › Email or text the agenda to your mentor 24 hours prior to your meeting
- › Keep your appointments and commitments at all times, and communicate any changes at least 24 hours in advance
- › Be open, honest and transparent with all communications
- › Pray for your mentor on a regular basis
- › Communicate to your mentor how he can best help you; personal growth is your responsibility
- › Ask for permission to hold your mentor accountable to the Mentor Standards & Expectations

Mentor

STANDARDS & EXPECTATIONS

- › Meet with your protégé two times per month
- › Focus on actively listening when with your protégé
- › Focus on your protégé's SMART growth goals
- › Hold information in strict confidence
- › Assign, review and follow up on agreed-upon action items
- › Hold your protégé accountable to creating and following an agenda for each meeting
- › Allow your protégé to lead the dialogue at each meeting
- › Keep your appointments and commitment at all times, and communicate any changes at least 24 hours in advance
- › Affirm and build upon your protégé's successes
- › Know the names of your protégé's family members
- › Ask open-ended questions; let your protégé come to conclusions on his own
- › Pray regularly for your protégé
- › Pray for Strong27™ to have maximum impact on you and your protégé
- › Ask for permission to hold your protégé accountable to the Protégé Standards & Expectations

Iron Covenant

1. Do we agree to adhere to the Protégé and Mentor Standards and Expectations for the next 12 months? Which of these standards and expectations will be the most difficult for each of us to stay committed to?

2. We will meet two times each month. Where, when and how long will we meet?

3. Brainstorm two SMART (Specific, Measurable, Attainable, Realistic, and Time Bound) growth goals we can focus and follow up on during each meeting?

4. Protégé – Why did you join Men of Iron's Strong27™ ministry, and what do you want to get out of it? Be specific.

Protégé

I, _____, am a PROTÉGÉ in the Strong27™ ministry. I understand that _____ has committed to be my mentor for the next 12 months of his life. I will adhere to the Protégé Standards and Expectations. To graduate from Men of Iron's Strong27™ ministry, I agree to take full responsibility for my personal growth in the godly standards of leadership and strength.

PROTÉGÉ SIGNATURE: _____ Date: _____

Mentor

I, _____, am a MENTOR in the Strong27™ ministry. I understand that _____ has committed to be my protégé for the next 12 months of his life. I will adhere to the Mentor Standards and Expectations.

PROTÉGÉ SIGNATURE: _____ Date: _____

Protégé Survey

1. Describe your personality, strengths and areas for improvement.

2. How do you think other people see you?

3. How do you want people to see you?

4. Are there men in your life who have modeled leadership and strength? List their names and their relationship to you.

5. Are you currently accountable to any individual or group? If so, explain what that looks like. If not, have you ever been involved in accountability with an individual or group?

6. Do you know what your spiritual gifts are? If so, how are you currently using them?

7. What are your most important life goals right now? What do you find frustrating in pursuing these goals? How can your mentor help you move past these frustrations?

Protégé Survey

For questions 8 – 10, consider these areas of your life:

- › FAITH
- › FAMILY
- › FRIENDS
- › FITNESS
- › FINANCES

8. Which areas are going well for you? Why are you successful in these areas?

9. In your opinion, what are two primary areas in which you feel you need to experience growth over the next 12 months? Are you willing to do what it takes to make this happen? What has kept you from experiencing growth in the past?

10. What are your expectations of your mentor?

5F GOALS

We believe men are distinctly called to be godly leaders in their families, their churches, and their communities. Due to this distinct calling, Strong27™ focuses on developing leadership and strength. Because iron sharpens iron, we seek to encourage men to live up to a godly standard of leadership and strength in their faith, family, friends, fitness and finances. Setting goals and objectives in the 5F model and regularly discussing your progress will help instill principles, standards and behaviors of a strong, balanced leader.

Before starting the process of establishing 5F goals, review the S.M.A.R.T.E.R. process:

- › Specific – what do you want to accomplish?
- › Measurable – how long and when? How often? How much or how many?
- › Achievable – it should be a stretch, but can it be reached or accomplished?
- › Relevant – is it worthwhile and will it lead to transformation?
- › Time bound – how long will it take? What will you need to do each day, week, etc.?
- › Evaluated – How often do you need to evaluate your process?
- › Reviewed – is the goal still S.M.A.R.T.? Does it need refined? Is it still a priority?



Great Example: **I will wake up at 6:00 am every weekday to read God's Word and pray for 30 minutes. I will read through the New Testament in 12 months.**

Poor Example:
I want to read my Bible more.



Notes:

Take several minutes to review the list of items below. This list is provided to give each mentor and protégé ideas of potential goals for faith, family, friends, fitness and finances. As you're reviewing the list, reflect, brainstorm and identify any goals and objectives the Holy Spirit is revealing to you and your situation. This is a time to dream about the next 12 months. What areas of your life need attention? What do you want to accomplish over the next year of your mentorship? Use the margins and extra space on the paper to take notes, write ideas, identify potential goals, etc. After identifying one to three annual goals and objectives under each 'F', you will be directed to narrow down your list with a 90-day focus.

FAITH

- › God's Word (reading, meditating, memorizing, etc.)
- › Prayer
- › Solitude

FAMILY

- › Spiritual leadership (leading family in God's Word, prayer, worship, etc.)
- › Role & responsibility (marriage, fatherhood, immediate family, extended family, etc.)
- › Intentionality (planning, quality time, etc.)

FRIENDS

- › Accountability
- › Serving
- › Fun & fellowship

FITNESS

- › Nutrition
- › Exercise
- › Rest (sleep, stress, rhythms, etc.)

FINANCES

- › Budgeting
- › Tithing/generosity
- › Career goals
- › Security (401(k), life insurance, etc.)

90-Day Goals & Objectives

On the previous page, you started to brainstorm and identify goals or objectives you want to accomplish over the next 12 months of your mentorship. Identifying annual goals and objectives is important, but true transformation happens by focusing on what's really important and by narrowing down the number of goals and objectives.

In Strong27™, it is **HIGHLY** recommended a protégé spend his first 90 days of the mentorship focused on faith goals. A man's faith is the foundation from which everything else can be built, and we believe faith is built most effectively through the spiritual disciplines of reading God's Word, prayer and solitude. Below, list the faith goals you created. If you did not create any, then identify which goals and objectives are most relevant to strengthening your faith foundation. Over the next 90 days, you will have the opportunity to read and reflect on the topics of God's Word, prayer and solitude.

List your 90-day faith goals and objectives below. Keep things simple and focused. If you have other objectives outside of your faith that need desperate attention (Examples - marriage, financial debt, addictions, health), then you can list those goals below. However, it is recommended try to keep the focus on your faith.

My 90-Day Goals & Objectives

FAITH GOAL(S)

I will...

I will...

I will...

OTHER GOALS (NOT REQUIRED)

I will...

I will...