

A MAN'S GAME PLAN



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MEN OF IRON

Welcome to Men of Iron. At Men of Iron, we do everything we can to ensure that you are the man God has called you to be. We want to call you up to a life where you thrive in the Core5: your faith, family, friends, fitness, and finances.

When you find balance in these areas and start to thrive in each one, you will be a man who knows God and knows your purpose.

We believe the best way to do that is with Strong27, a one-on-one mentorship. This will help you grow the most in the shortest period of time. With Strong27, we will pair you up with another man just a few seasons ahead of you. He will help you set goals and hold you accountable as you seek to thrive in the Core5.

Not everyone wants to jump into a mentorship right away. We get it. Sometimes, your schedule is pretty full, and sometimes, you're just not interested in a mentorship immediately. That's why we provide several different environments and opportunities as you strive to climb the mountain and complete your Manhood journey. Do everything you can to keep climbing towards your full potential!

- ⊗ **Basecamp - Free Resources:** Get started with free resources to jump-start your journey towards knowing God and your purpose. Explore **FREE** Basecamp resources.
- ⊗ **Ridge Line - Grow Together:** Join a small group of men for a deeper exploration of faith, family, finances, fitness, and friendships. It's a supportive environment with a minimal cost. Find a supportive Ridge Line group.
- ⊗ **Summit - Reach the Peak:** Invest in personalized mentorship from a seasoned leader who can guide you on your unique path. This is the highest level of commitment, but the rewards are unmatched. Learn more about transformative mentorship.

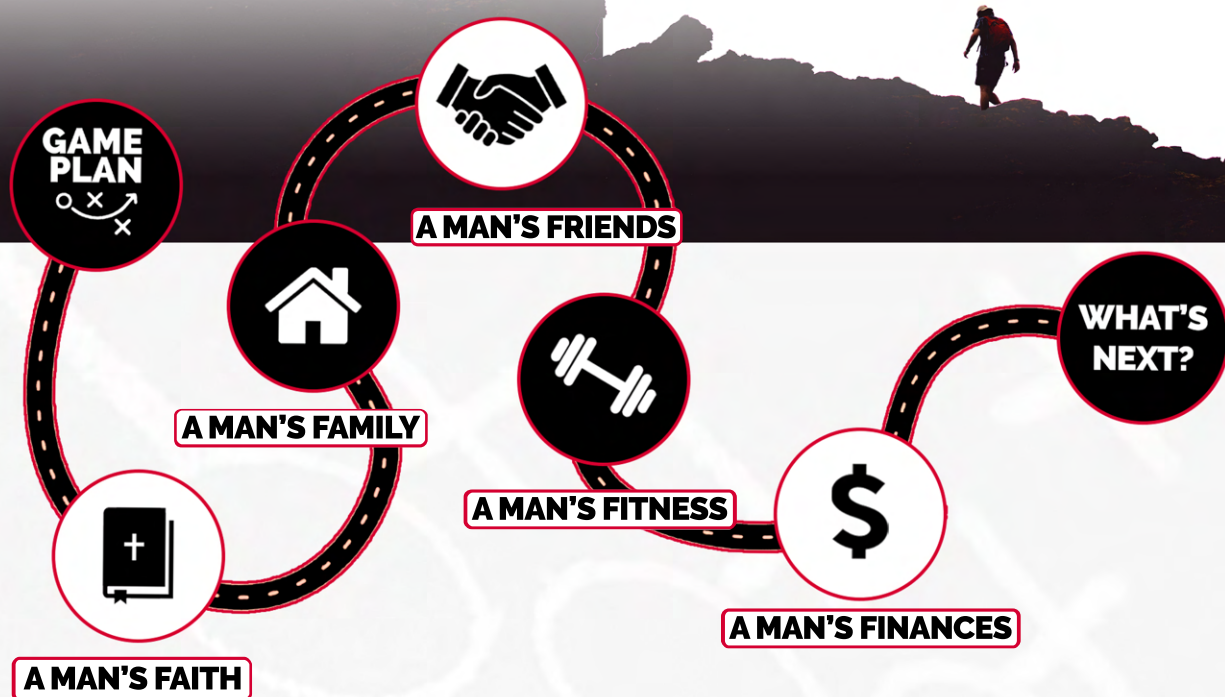
Check out our Basecamp, Ridge Line & Summit Resources at
menofiron.org/theclimb



SCAN ME



WELCOME TO A MAN'S JOURNEY



A Man's Journey is a year-long strategy and resource for your church and men's ministry. It starts with A Man's Game Plan. A 5-session video course designed by Men of Iron with the purpose of helping men develop a game plan for their Core5 – Faith, Family, Friends, Fitness and Finances.

After A Man's Game Plan you will dive deeper into each F, with video series designed around the Core5. With a unique series for Faith, Family, Friends, Fitness and Finances – men find accountability, balance and spiritual growth as they journey through these resources with other like-minded men.

For more info on A Man's Journey resources or church partnerships, reach out to us at menofiron.org!

A MAN'S GAME PLAN

WHAT TO EXPECT

What to Expect From A Man's Game Plan

You are starting out on a transformative journey with A Man's Game Plan, the first step in A Man's Journey, Men of Iron's comprehensive plan for knowing God and knowing your purpose.

This series will help you create a blueprint for mastering your Core 5: faith, family, friends, fitness, and finances. Through weekly SMART Goals, you will establish a comprehensive Game Plan for your life.

Join countless men who have embraced this series, achieving profound personal growth across their Core 5. Here's what we cover each week.

Session 1: Faith First- The First Step of Every Man's Journey

This week will help you to:

- ⊗ Explain the importance of faith in personal development
- ⊗ Cultivate spiritual disciplines for personal growth
- ⊗ Pursue mentorship and accountability for continuous improvement

Session 2: Build a Strong Family- Lead Your Family With Intention and Integrity

This week will help you to:

- ⊗ Recognize the impact of family dynamics on personal growth
- ⊗ Implement intentional spiritual leadership in the family
- ⊗ Understand the role of accountability and mentorship in family leadership

GAME PLAN

Session 3: The Power of Brotherhood- Strengthening Your Walk with God Through Friendship

This week will help you to:

- ⊗ Understand the significance of friendship in spiritual growth
- ⊗ Evaluate and cultivate meaningful friendships
- ⊗ Embrace Biblical principles of friendship

Session 4: Healthy Body, Healthy Spirit- Pursuing Fitness Physically and Spiritually

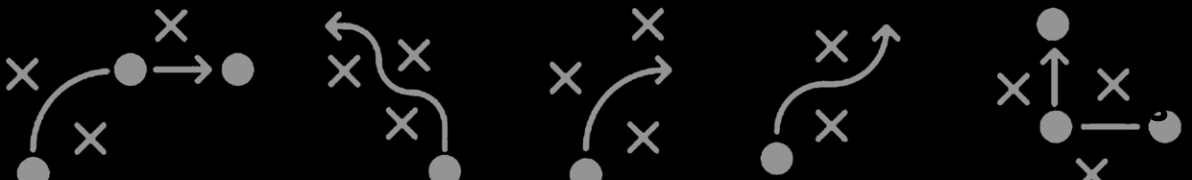
This week will help you to:

- ⊗ Understand the interconnection of physical and spiritual health
- ⊗ Reflect on your own experiences and spiritual growth through fitness
- ⊗ Explore Biblical perspectives on physical health

Session 5: Money Matters- How to Keep Money from Controlling Your Life

This week will help you to:

- ⊗ Understand the impact of financial health on overall well-being
- ⊗ Reflect on personal financial practices and priorities
- ⊗ Explore Biblical principles of stewardship and generosity



HOW TO USE THE GUIDE



Prep:

This will help you start thinking about the topic for the week. Read over it and then move on to the warm-up section.



Evaluate:

Before you meet with your group, take some time to evaluate yourself.



Warm Up:

Think about how the topic applies to your life. How are you doing in this area, and what would it take to get stronger? Take a minute and talk about this with the other guys in your group.



Watch:

Hear from some of our guys at Men of Iron. Take some time and write down your thoughts based on what they say.



Talk:

Look over the questions for the week and discuss them. Be honest and see what the guys in your group think about the topic.



Challenge:

Get serious about your life. Set a goal and stick to it.



Journal:

Dive deeper into what God has to say about the topic. Dig into a chapter of the Bible and write out your thoughts.

How to Use the Journal Pages in This Guide

At Men of Iron, we encourage you to Uncover, Unlock, and Unleash what God says. This three-step process helps you understand and apply God's word to your life. Ignoring God's word will hinder your growth, and simply reading it isn't enough; you must read, understand, and live by it.

Every session of this series has a journal page with a specific scripture focus. We encourage you to take this part of the workbook seriously and never skip over it.

2 Timothy 3:16-17 says: "All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work."

We believe this is true. The Holy Spirit inspired the writers of the Bible, ensuring we have the words God wants us to hear. Through His word, we are prepared for the good works He has planned for us.

Before studying any passage, pray for understanding. Prayer invites God's wisdom and guidance as you read. Once you ask God for wisdom and direction and have read over the entire passage, take three steps toward understanding the passage and applying it to your own life: Uncover, Unlock, and Unleash.

Here's how each step works:

Uncover - What Does It Say? When you uncover a passage, you ask a few simple questions:

- Who wrote it?
- Why was it written?
- To whom was it written?

Read the surrounding passages to grasp the full context. Don't isolate verses; understand the complete message. These verses are all part of a larger piece of communication. Just as you would read an entire email to understand its content, you should read the entire book or at least the entire chapter to understand fully what the author intended for the reader.

Unlock - What Does It Mean?

After uncovering the basics, unlock the passage's meaning. Focus on why it was taught to the original audience without immediately applying it to your own life.

Remember:

- If a passage explains itself, take it at face value.
- Use the Bible to interpret itself. Consistent messages across different passages are key.
- Be aware of personal biases that might color your interpretation.

Unleash - What Should I Do?

The Bible is unique because it's alive and powerful (Hebrews 4). It speaks to your current situation and guides your actions.

Make A Difference in Your Life By:

- Identifying areas in your life where you need to adjust based on God's word.
- Implementing the teachings from your study into your daily life.
- Creating specific, actionable steps to align your actions with biblical teachings.
- Living intentionally. Make conscious decisions that reflect your commitment to God's word.

Studying the Bible without applying its teachings is ineffective. **To truly benefit, you must live out what you learn.** Ignoring this can even hinder your ability to understand God's word in the future. As you study, ask yourself: "What is God revealing to me, and how should I respond?" Then, act on it.

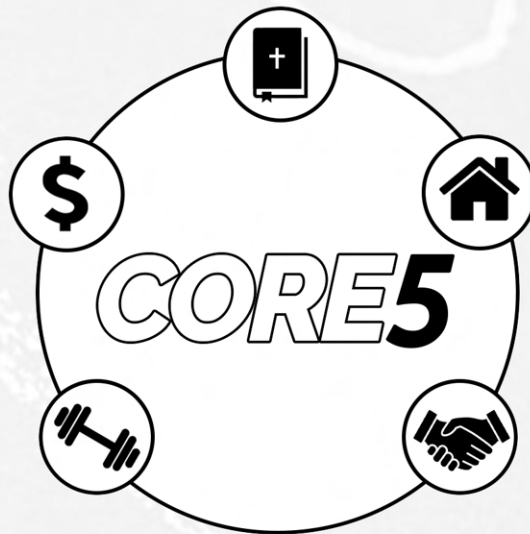
PRE-SURVEY



Before we dive into Session 1, make sure to
hit the QR code and fill out the pre-survey.
It won't take long!



A MAN'S GAME PLAN



Session 1 - Faith

*"The First Step of
Every Man's Journey."*

FAITH

SESSION 1



PREP

I've missed more than 9,000 shots in my career, lost almost 300 games, and been trusted to take the game-winning shot 26 times and missed. I've failed over and over again in my life, and that is why I succeed.

-Michael Jordan (6x NBA Champion, 5x League MVP)

When was the last time that you considered Michael Jordan a failure? If you're a sports fan, I bet you have thought about his wins far more often than you have considered the 26 times he missed game-winning shots. He's an incredibly compelling figure. If you've been around long enough, you remember watching the games, you watched the movies, and you watched the documentaries.

Maybe the only time you think of him as a failure is his short time as a baseball player.

Michael Jordan's career is incredible, and as of this writing, it's still going. Lately, he's been trying to leave a mark on NASCAR as a team owner, and he's also finding some success there.

Most people don't remember Jordan's lost games and missed shots. Most people remember Game 5 of the 1997 NBA Finals when Jordan played a full game while he had the flu. If you haven't seen the game, you should. You can tell he's tired. You can tell that any normal human being would take a sick day. And then you can watch him sink the final 3-point shot of the game to win the game. He went on to help the Bulls win their fifth NBA championship and was selected for the fifth time as the Finals MVP.

His failures don't define Michael Jordan because he didn't let his failures overcome him. Instead, Jordan was motivated by his failures and used them to lead him to success.



We remember the highest moments of his career, and he remembers the lowest ones. He knows he used those low moments as motivation to get where he wanted to go.

So why start here? You're going to do the same thing.

Everybody comes to this series from different places. Many men jump into this series because they are motivated by their failures and want to be better men. You may have gotten here because you want to avoid repeating past mistakes, or maybe you're even walking through a current mistake right now.

Here's what we want you to know – you don't have to be perfect, and you don't have to have it all figured out. But you do need a game plan, and you do need to learn from your mistakes.

Regarding faith specifically, you may be all over the map. Maybe you have never read the Bible, stepped into a church, or said a single prayer. That's fine right now. But it won't be fine next week.

Every week of this series, we encourage you to grow and change for the better. You can probably think of all the issues that you have in your life. You're probably doing well with one thing and not so well with the others.

Just like Jordan learned from his missed shots and used them to motivate himself to grow and change, we want you to do the same. We want you to be the spiritual leader of your family. We want you to know God and your purpose.

**DO THE ACTIVITY ON
THE NEXT PAGE**

EVALUATE



Before you meet with your group, take some time to evaluate yourself.

This week, we are talking about faith.

What are your honest feelings about God right now?

(Be honest—if things are good, write that down; if they're not, write that. This is not for anyone but you. We won't check your work.)

Take some time and think through last week. How often did you do something to strengthen your relationship with God?

(Tell the truth. This could be things like prayer, reading the Bible, listening to a podcast about faith, going to church, or having conversations about God.)

On a scale of 1-10, with 1 being almost none and 10 being all of it, rate how well you understand the story of what God is doing in the Bible.

(CIRCLE YOUR NUMBER BELOW)

1 2 3 4 5 6 7 8 9 10

Reflecting on the past week, how often did you make decisions based on what you believe God would want you to do in those situations? If it helps to write some of them down as you think, use this space to do that.

(Again, be honest. It could be too many to count, and it could be none at all. The only wrong answer here is a dishonest one.)



WARM UP



Take a minute and talk about this with the other guys in your group.

- ⊗ When you hear the term "game plan," what comes to mind? How important do you think it is to have a structured plan for personal and spiritual growth?
- ⊗ What are you hoping to gain from this series? Are there specific areas you are excited to explore or improve?
- ⊗ How would you define your life purpose? Do you feel like you're living it out, or are you still trying to figure it out?
- ⊗ Who is a man you admire for his faith and life purpose? What qualities or actions make him stand out to you?
- ⊗ How has your faith (or lack of faith) influenced the decisions you've made in your life? Can you think of a time when your faith was particularly strong or weak?

Watch Session 1:
FAITH

WATCH

Watch this week's video with your group.



You must know God and know your purpose .

"The Lord had said to Abram, Leave your native country, your relatives, and your father's family, and go to the land that I will show you. I will make you into a great nation. I will bless you and make you famous, and you will be a blessing to others. I will bless those who bless you and curse those who treat you with contempt. All the families on earth will be blessed through you."

Genesis 12: 1-3

You're not here by accident. God is trying to get your attention.

"So Abram departed as the Lord had instructed." Genesis 12: 4

"I am the way, the truth, and the life. No one can come to the Father except through me." Matthew 14: 6

- ⊗ Every man needs Jesus.
- ⊗ Every man should read God's Word .
- ⊗ Every man should pray.
- ⊗ Every man needs solitude.
- ⊗ Every man should journal.
- ⊗ Every man should serve others.
- ⊗ Every man needs mentorship.



TALK



In groups of 5 or 6 guys, talk about some of the following questions:

- ⊗ What stuck out to you from this session?
- ⊗ Reflecting on Travis's story, how has your own faith journey evolved over time? What significant moments or experiences have shaped your relationship with God?
- ⊗ How did your upbringing influence your initial understanding of faith and your relationship with God? Were there any pivotal moments or challenges that changed your perspective?
- ⊗ What are some of the spiritual disciplines that have been helpful to you in your life? Which ones have been difficult?
- ⊗ Who has been a significant mentor in your life, and how have they impacted your faith journey?
- ⊗ Have you had the opportunity to mentor someone else, and what was that experience like?

WEEKLY CHALLENGE



Take some time to evaluate your faith foundations:

- What is one thing that you have done well?
- What is something you have not done well, that could use some improvement?
- Where can you start?

What is one small goal you will accomplish this week before you meet again for the next session?

Remember to create a ***S.M.A.R.T. goal***. Make sure your goal is specific, measurable, attainable, relevant, and time-bound.

Examples:

1. I will read one chapter from the book of John on Monday, Wednesday, and Friday, this week.
2. I will go to the church down the street this coming Sunday morning for the 11 AM service.
3. I will be fasting this coming Thursday, and during mealtimes I will be praying for my son.

WRITE YOUR GOAL HERE:

Want to make it a Core5 Combo?

You could pursue a goal in one area of your life that will strengthen other areas of your life. For example, this week, you could set a goal to pray every day with your wife. That will strengthen your faith and your family. Or, you could plan on setting aside 10 minutes after your morning workout to start reading through the Bible. That will strengthen your faith and your fitness.



JOURNAL



Genesis 12:1-20 – The Call of Abram

The Lord had said to Abram, “Leave your native country, your relatives, and your father’s family, and go to the land that I will show you. I will make you into a great nation. I will bless you and make you famous, and you will be a blessing to others. I will bless those who bless you and curse those who treat you with contempt. All the families on earth will be blessed through you.” So Abram departed as the Lord had instructed, and Lot went with him. Abram was seventy-five years old when he left Haran. He took his wife, Sarai, his nephew Lot, and all his wealth—his livestock and all the people he had taken into his household at Haran—and headed for the land of Canaan. When they arrived in Canaan, Abram traveled through the land as far as Shechem. There he set up camp beside the oak of Moreh. At that time, the area was inhabited by Canaanites. Then the Lord appeared to Abram and said, “I will give this land to your descendants.” And Abram built an altar there and dedicated it to the Lord, who had appeared to him. After that, Abram traveled south and set up camp in the hill country, with Bethel to the west and Ai to the east. There he built another altar and dedicated it to the Lord, and he worshiped the Lord. Then Abram continued traveling south by stages toward the Negev.

Abram and Sarai in Egypt

At that time a severe famine struck the land of Canaan, forcing Abram to go down to Egypt, where he lived as a foreigner. As he was approaching the border of Egypt, Abram said to his wife, Sarai, “Look, you are a very beautiful woman. When the Egyptians see you, they will say, ‘This is his wife. Let’s kill him; then we can have her!’ So please tell them you are my sister. Then they will spare my life and treat me well because of their interest in you.” And sure enough, when Abram arrived in Egypt, everyone noticed Sarai’s beauty. When the palace officials saw her, they sang her praises to Pharaoh, their king, and Sarai was taken into his palace. Then Pharaoh gave Abram many gifts because of her—sheep, goats, cattle, male and female donkeys, male and female servants, and camels. But the Lord sent terrible plagues upon Pharaoh and his household because of Sarai, Abram’s wife. So Pharaoh summoned Abram and accused him sharply. “What have you done to me?” he demanded. “Why didn’t you tell me she was your wife? Why did you say, ‘She is my sister,’ and allow me to take her as my wife? Now then, here is your wife. Take her and get out of here!” Pharaoh ordered some of his men to escort them, and he sent Abram out of the country, along with his wife and all his possessions.

Uncover • Unlock • Unleash



Uncover- What does it say?

Unlock - What does it mean?

Unleash- What should you do?
