Calvary Vista’s Men’s Ministry
Spring Schedule
“The Measure of a Man”
Introduction

When Paul wrote his second letter to Timothy, he referred to “Man of God” who is “equipped for every good work” (2 Tim. 3:17). This raises an important question. How do we recognize a “man of God”? What does he look like?

These are not new questions. They are going through Timothy’s mind when Paul left him in Ephesus to establish the Church. He had to deal with men who wanted to be spiritual leaders. Paul commended these men for desiring to serve in a leadership role. Yet, he cautioned Timothy to make sure that each man who wanted to serve was a certain kind of man. (1 Tim. 3:1)

Titus faced this same challenge in his ministry. Paul left him in Crete to appoint spiritual leaders in towns where they had established churches. Again, Paul cautioned Titus to make sure that these men measured up to certain qualifications.

Apparently, Titus faced problems in Crete that were more difficult to resolve than those Timothy faced in Ephesus. Already, men who evidently claimed to be Christians had emerged and were destroying “whole families, teaching which they ought not, for the sake of dishonest gain”. (Titus 1:11) Their primary motive was money. Titus faced the awesome task of not only discovering leaders and training them to be godly but also of silencing those who were “idle talkers and deceivers”. (Titus 1:10)

It is the purpose of this study to introduce you to the “Twenty Godly Principles” outlined in the letters of Paul to Titus and Timothy, noted as the “Maturity Profile”.

**Paul’s Maturity Profile**
1 Tim. 3:1-7, Titus 1:5-10

1. Above Reproach (A Man with a Good Reputation)

2. Husband of One Wife (Maintaining Moral Purity)

3. Temperate (Life Reflecting Balance in Words and Actions)
4. Prudent (Being Wise and Humble)
5. Respectable (Serving as a Good Role Model)
6. Hospitable (Demonstrating Unselfishness and Generosity)
7. Able to Teach (Communicating Sensitively)
8. Not Given to Wine (Not Being Addicted to Substances)
9. Not Self-Willed (Not Being a Self-Centered Person)
10. Not Quick Tempered (Void of Anger that Becomes Sinful)
11. Not Combative (Not an Abusive Person)
12. Not Contentious (Not Argumentative or Divisive)
13. Gentle (A Sensitive, Loving, Kind Person)
14. Free from the love of money (Not Materialistic)
15. One Who Manages His Own Household Well (A Good Husband and Father)
16. A Good Reputation with Those outside the Church (A Good Testimony to Unbelievers)
17. Love what is Good (Pursuing Godly Activities)
18. Just (Wise Discerning, Not Prejudiced)
19. Devout (Holy and Righteous)
20. Not a New Convert (Not a New Christian)
Calvary Vista’s Men’s Ministry
Spring Schedule
Lesson 1
“Measure of a Man”

When you first look at the list of spiritual qualifications in 1 Tim. 3:1-7 and Titus 1:5-10 you might conclude that Paul was exclusively outlining qualifications for men who serve in full time ministry. Not true! While Paul was outlining responsibilities for selecting leaders, he was in a sense saying, “Timothy, if a man wants to become a spiritual leader, that’s great. Just make sure he’s a mature man. Here’s how you can determine if he measures up to God’s standard as a Christian.”

In other words, some men will possess these qualities to serve as spiritual leaders. Some men will feel called to carry on this kind of ministry and others will not. The qualities however, are goals for every Christian man. Paul simply pulled together several qualities he and other authors mentioned elsewhere in the New Testament and then compiled an amazing profile for measuring our maturity levels in Christ.

As you evaluate your life, be on guard against discouragement. See this as a great opportunity to become the man of God you really want to be. Remember the enemy may be looking over your shoulder and whispering in your ear, “You will never be that kind of man. You’ve blown it too badly. There’s no hope for you. You’ll never break out of your old patterns.”

When the enemy tempts you with these thoughts, meditate on these words: “Submit therefore to God. Resist the devil and he will flee from you. Draw near to God, and He will draw near to you.” (James 4:7-8)

Listen to God’s voice saying, I love you no matter what you have done, no matter where you are in your spiritual walk, no matter what your feelings, I am on your side. You are My child. You can become a man of God, and I’m here to help you.

Watch the Video and Answer the Following Questions

1. Why do some men grow rapidly in their Christian faith once they become believers, and why do others seem to struggle, taking one step forward and two steps back?
2. Take a look at Paul’s Maturity Profile noted in the introduction section. What would you consider to be areas of strength personally? Areas you would like to grow in?

3. Besides your spouse, who else in your life can be a source of encouragement and help to grow you spiritually?

4. Think of one or two things that you have learned that you’d like to work on in the coming week. Remember that this is all about quality, not quantity. It’s better to work on one specific area of life and do it well than to work on many and do poorly (or to be so overwhelmed that you simply don’t try). Note your thoughts here:

Here are Some Great Scriptures to Bring to Memory

Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus. Phil. 3:12-14

All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work. 2 Tim. 3:16-17

That you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind, and that you put on the new man which was created according to God, in true righteousness and holiness. Eph. 4: 22-24
In this lesson we will examine how men of cultures past and present perceived their sexuality and how it was different from what God intended. We will discover the difference between lusting after a woman and merely being tempted, as well as Paul’s mandate to be a man of one wife.

Most every man, married or single is sexually tempted. No one can avoid completely the twenty first century sensuous messages that we see on magazine covers, movie ads and television commercials. Add to that the multitude of sensuously dressed women who permeate our culture and it’s not difficult to understand why many men are tempted every day of their lives. Perhaps the most destructive development in today’s world appears 24/7 on the Internet. Explicit pornography is just a click away.

To be tempted is not a sin. Temptation, however, can lead to sin. Any man who deliberately enjoys and pursues an illegitimate sexual relationship with a woman in his mind, in God’s eyes, has already committed an immoral act. This kind of fantasy world is off limits for a man who desires to follow God fully.

Watch the Video and Answer the Following Questions

1. Why does Paul in both his letters to Timothy and Titus list moral purity “the husband of one wife” immediately following “above reproach” (See 1 Tim. 3:2, Titus 1:6)?

2. What are some specific things we can do to maintain moral purity? Want has worked? What hasn’t worked?

3. For those that are married, what are some things we can do to begin communicating with our wives? How can we be honest without our wives feeling threatened?
4. Why do some men have more difficulty than others in maintaining moral purity?

5. How can we avoid sexual addiction? If this is already a problem, how can we overcome it?

6. Think of one or two things that you have learned that you’d like to work on in the coming week. Remember that this is all about quality, not quantity. It’s better to work on one specific area of life and do it well than to work on many and do poorly (or to be so overwhelmed that you simply don’t try). Note your thoughts here:

Here are Some Great Scriptures to Bring to Memory

*Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy meditate on these things.* Phil. 4:8

*Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.* 2 Tim 2:22
In this session we will examine why it is important to have a good reputation and the ways to help us achieve one. We will look at the life of Timothy to help us better understand the qualities of someone who has a good reputation. We will then try to discover how other people view our reputation and how that can help us in our goal of living above reproach.

When Paul stated that a mature man is “above reproach”, fortunately he was not referring to perfection. Rather, he was simply stating that we should have a good reputation. Paul listed this quality first in both his first letter to Timothy and in the letter he wrote to Titus.

Having a good reputation is not a new idea in the New Testament. When the Church faced its first organizational problem in Jerusalem, the apostles recommended that “seven men of good reputation” be selected to help solve the problem of food distribution among the Grecian widows. The apostles knew that they would only make the problem worse if they delegated this task to men who were not respected in the Christian community. People wouldn’t trust them, they would second guess their every move. The people may accuse them of favoritism. These reasons are why the apostles asked the Grecian Jews themselves to select these men. They alone would be aware of those who had this kind of integrity.

Watch the Video and Answer the Following Questions

1. What creates a good reputation?

2. What is the first step we can take as men to determine what people really think of us?

3. Are there areas in your life you believe people have a false view of you and have misjudged your attitudes and actions? Why has this happen? What can you do to correct this misperception without appearing to be defensive?
4. Are you aware of any attitudes or actions in your life right now that is hurting your reputation? If so, what steps can be taken to rebuild your reputation in that particular area?

5. Think of one or two things that you have learned that you’d like to work on in the coming week. Remember that this is all about quality, not quantity. It’s better to work on one specific area of life and do it well than to work on many and do poorly (or to be so overwhelmed that you simply don’t try). Note your thoughts here:

**Here are Some Great Scriptures to Bring to Memory**

*So an elder must be a man whose life is above reproach. He must be faithful to his wife. He must exercise self-control, live wisely, and have a good reputation. He must enjoy having guests in his home, and he must be able to teach. He must not be a heavy drinker or be violent. He must be gentle, not quarrelsome, and not love money. He must manage his own family well, having children who respect and obey him.* 1 Tim.3:2-4 NLV

*An elder must live a blameless life. He must be faithful to his wife, and his children must be believers who don’t have a reputation for being wild or rebellious. An elder is a manager of God’s household, so he must live a blameless life. He must not be arrogant or quick-tempered; he must not be a heavy drinker, violent, or dishonest with money. Rather, he must enjoy having guests in his home, and he must love what is good. He must live wisely and be just. He must live a devout and disciplined life. He must have a strong belief in the trustworthy message he was taught; then he will be able to encourage others with wholesome teaching and show those who oppose it where they are wrong.* Titus1:6-9 NLV
Calvary Vista’s Men’s Ministry  
Spring Schedule  
Lesson 4  
“Loving What is Good”

In this session we will examine how evil came into the world and what Christ did to allow us to overcome this force in our lives. We will note ways in which people do not love good by the way they love other things, such as pleasure. Loving what is good is a mark of Christian maturity. It’s possible for every Christian to “overcome evil with good” because of our relationship with God through our faith in Jesus.

The following section is designed to help you gage the level to which you love what is good. Read the following Scriptures and reflect on God’s truth, particularly the concept of loving what is good.

*If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need.* Eph. 4:28 NLT

*Don’t use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.* Eph. 4:29 NLT

*So we have not stopped praying for you since we first heard about you. We ask God to give you complete knowledge of his will and to give you spiritual wisdom and understanding. Then the way you live will always honor and please the Lord, and your lives will produce every kind of good fruit. All the while, you will grow as you learn to know God better and better.* Col. 1:9-10 NLT

*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.* 2 Tim. 3:16-17 NLT
Watch the Video and Answer the Following Questions

1. Why is it often difficult for Christian men to love what is good?

2. What scriptural statements in this chapter meant the most to you? Why?

3. What areas of your life would you like to change in order to be able to love God more?

4. Why do we sometimes fail to realize that the degree to which we love God is the degree to which we love what is good?

5. Think of one or two things that you have learned that you’d like to work on in the coming week. Remember that this is all about quality, not quantity. It’s better to work on one specific area of life and do it well than to work on many and do poorly (or to be so overwhelmed that you simply don’t try). Note your thoughts here:

Here are Some Great Scriptures to Bring to Memory

Eph. 4:26,29, John 2:13,17, James 1:19, 3:17, Pro. 22:24-25, 14:29, 17:27, 19:11, 2 Tim. 3:16-17, Col. 1:9-10, Rom. 12:17-21, Phil. 2:3-4
NOTES
In this session we will examine how to be responsible and Godly in our roles as husband and father. We will seek to answer such questions as: How can we further improve our relationships with our wife and children? How can we repair what has been lost or stolen from us in these relationships? Through scripture and listening to Gene Getz we will learn sound principles to live by in our goal to have a more abundant and fulfilling life with our family.

Paul made it clear in his letters to Timothy and Titus that a mark of maturity, or immaturity, in a man is the way he functions as a father in his home. His children particularly will reflect how well he has fulfilled this God ordained role. If he is mature, Paul told Timothy, a man will be able to “rule his own house well, having his children in submission with all reverence” 1Tim. 3:4. Paul told Titus that this kind of father will have “faithful children” and who are “not of dissipation or insubordination” Titus 1:6. Having a well ordered household should be a goal for every Christian man.

As husbands we should “love our wives just as Christ loved the church” (Eph. 5:25). We should live with them “in understanding” and grant them “honor as being heirs together of the grace of life” (1 Peter 3:7). Peter warns us that if we don’t live this way with our lives, it will affect how God responds to our prayers.

Watch the Video and Answer the Following Questions

1. What do you believe are the most significant areas most men need to consider to become better husbands and fathers?

2. Describe a time when you failed as a father or husband. What did you do to correct the situation? What would you do different today?
3. Like the son in the video, do you ever find yourself living off the knowledge of God and positive past experiences, instead of living fully in Him day by day? Explain

4. What prayer requests do you have for your family?

5. Think of one or two things that you have learned that you'd like to work on in the coming week. Remember that this is all about quality, not quantity. It's better to work on one specific area of life and do it well than to work on many and do poorly (or to be so overwhelmed that you simply don't try). Note your thoughts here:

Note These Encouraging Scriptures

*He must manage his own family well, having children who respect and obey him.* 1 Tim. 3:4

*Direct your children onto the right path, and when they are older, they will not leave it.* Prov. 22:6

**On Being a Husband**

*You must have the same attitude that Christ Jesus had. Though he was God, he did not think of equality with God as something to cling to. Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When appeared in human form, he humbled himself in obedience to God and died a criminal’s death on a cross.* Phil. 2:5-8

**On Being a Better Father**

*And you must love the LORD your God with all your heart, all your soul, and all your strength. And you must commit yourselves wholeheartedly to these commands that I am giving you today. Repeat them again and again to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up. Tie them to your hands and wear them on your forehead as reminders. Write them on the doorposts of your house and on your gates.* Deut. 6: 5-9
In this session we will examine the difference between natural anger and sinful anger. We will determine how to overcome bad types of anger and how to prevent it from even starting up. We will seek to answer such questions as: What causes men to be so easily angered? What can we do to remain Godly as we work through anger?

It’s impossible in this fallen world to live without getting angry at one level or another. It’s a natural, God created emotion. This is what Paul wrote, “Be angry, and do not sin, do not let the sun go down on your wrath” (Eph. 4:26).

To deny this emotion in others and ourselves can lead to some serious psychological, spiritual and even physical problems.

Jesus, the perfect Son of God, demonstrated that it’s possible to express anger without sinning when He drove the money changers from the Temple. Seeing them taking advantage of others in the house of God, He overturned the tables and scattered their money all over the courtyard. He also made a whip out of cords and drove the sheep and cattle out of the temple area. He, of course, was the Son of God, however, at the same time, He was human, expressing a very human emotion.

**Watch the Video and Answer the Following Questions**

1. What have you discovered is the best way to handle your anger?

2. What lessons did Manny Fernandez learn in his life? How can you apply these principles to your life?

3. What is the number one thing you need to do in order to better manage your anger?

4. What experiences can you share in which you have seen anger out of control? What happened?
5. Think of one or two things that you have learned that you’d like to work on in the coming week. Remember that this is all about quality, not quantity. It’s better to work on one specific area of life and do it well than to work on many and do poorly (or to be so overwhelmed that you simply don’t try). Note your thoughts here:

**Here are some Great Scriptures to Bring to Memory**

*And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry, for anger gives a foothold to the devil. Eph. 4:26-27*

*Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires. James 1:19-20*

*Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable. Do all that you can to live in peace with everyone. Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, “I will take revenge; I will pay them back,” says the LORD. Instead, “If your enemies are hungry, feed them. If they are thirsty, give them something to drink. In doing this, you will heap burning coals of shame on their heads.” Don’t let evil conquer you, but conquer evil by doing good. Rom. 12:17-21*

*People with understanding control their anger; a hot temper shows great foolishness. Prov. 14:29*

*A truly wise person uses few words; a person with understanding is even-tempered. Prov. 17:27*

*Sensible people control their temper; they earn respect by overlooking wrongs. Prov. 19:11*

*Don’t befriend angry people or associate with hot-tempered people, or you will learn to be like them and endanger your soul. Prov. 22:24-25*
Calvary Vista’s Men’s Ministry
Spring Schedule
Lesson 7
“A Man of Wisdom”

In this session we will examine what it means to be a man of diligence and a man of wisdom. We will discuss the two extremes of thinking in terms of our self-image and determine how to have a healthy view of ourselves.

As Christians, it’s easy to go to extremes. We can see ourselves as nothing or we can get caught up in an exalted view of ourselves. The more immature we are, the more we vacillate between these two attitudes.

Both extremes are improper. On the other hand, we should recognize that all we are and have is because of God’s grace. On the other hand, we should understand that God has given us special abilities, and He wants us to use those abilities to accomplish great things for Him.

Watch the Video and Answer the Following Questions

1. What specific struggles face us in being men of wisdom?

2. How can we be meek in our relationship without being weak?

3. How can you reflect a good self-image and at the same time not come across as being prideful or arrogant?

4. What personal experiences can we share with each other that will help us to encourage one another, pray for one another, love each other more and build up one another?
5. It’s not enough to just receive wisdom. God calls us to share that wisdom with those we love. How do we share that wisdom with our wives, kids, and grandkids?

Here are Some Great Scriptures to Bring to Memory

Who is wise and understanding among you? Let him show by good conduct that his works are done in the meekness of wisdom. But if you have bitter envy and self-seeking in your hearts, do not boast and lie against the truth. This wisdom does not descend from above, but is earthly, sensual, demonic. For where envy and self-seeking exist, confusion and every evil thing are there. But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy. James 3:13-17

A word fitly spoken is like apples of gold in settings of silver. Prov. 25:11

Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. Let each of you look out not only for his own interests, but also for the interests of others. Phil. 2:3-4

But as for you, speak the things which are proper for sound doctrine: that the older men be sober, reverent, temperate, sound in faith, in love, in patience; the older women likewise, that they be reverent in behavior, not slanderers, not given to much wine, teachers of good things that they admonish the young women to love their husbands, to love their children, to be discreet, chaste, homemakers, good, obedient to their own husbands, that the word of God may not be blasphemed. Likewise, exhort the young men to be sober-minded, in all things showing yourself to be a pattern of good works; in doctrine showing integrity, reverence, incorruptibility, sound speech that cannot be condemned, that one who is an opponent may be ashamed, having nothing evil to say of you. Titus 2:1-8
Notes
In this session we will examine the importance of being a man of gentleness. We will see how being meek and gentle does not mean to be “weak” men. We will examine different types of wisdom and determine how we can become more mature men that are better equipped to help those around us.

When the apostle Paul wrote to Timothy, outlining characteristics of Christian maturity, he modeled these qualities in his own life. He was a gracious, sensitive and fair-minded man, but he would not compromise Christian truth and false accusations. He defended himself without being defensive. People could only push him so far. Paul demonstrated the meekness and gentleness of Jesus, who often turned the other cheek. Although he was one of the most thick-skinned man in all of Judaism, his life was radically changed when he became a Christian. As it is with all of us, it took him time to change behaviors that were not in harmony with the Christian faith. Yet he made those changes and became not a perfect man, but a man who could write the Corinthians without fear of contradiction and encourage them to be “imitators” of him, just as he was an imitator of Christ.

Watch the Video and Answer the Following Questions

1. How can we become the kind of man described in James 3:14-17?

2. How can I maintain a balance in my life between being accepting, tolerant, fair, and making tough decisions gently?

3. Has anyone taken advantage of your kindness and gentleness? What was your response to their actions?
4. How do you react to your children when they do wrong things? How can you correct them while keeping a spirit of gentleness?

5. Think of one or two things that you have learned that you’d like to work on in the coming week. Remember that this is all about quality, not quantity. It’s better to work on one specific area of life and do it well than to work on many and do poorly (or to be so overwhelmed that you simply don’t try). Note your thoughts here:

**Here Are Some Great Scriptures to Bring to Memory**

*But you, O man of God, flee these things and pursue righteousness, godliness, faith, love, patience, gentleness.* 1 Tim. 6:11

*But we were gentle among you, just as a nursing mother cherishes her own children.* 1 Thess. 2:7

*Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do.* Col. 3:12-13

*Therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, with all lowliness and gentleness, with longsuffering, bearing with one another in love.* Eph. 4:1-2
NOTES
Calvary Vista’s Men’s Ministry
Spring Schedule
Lesson 9
“A Generous Man”

In this session we will examine why it is important to be generous in our giving. We will learn why people begin to love money so much and how this affects us in a negative way. Some researchers tell us that the average Christian gives only about 2 percent of his or her income to the Lord. We’re also told that among this population are approximately 15 percent who tithe (give one-tenth of their income). If this statistic becomes part of the average, the majority of American Christians give next to nothing. What comes first in our lives? Is it God or money? We can’t serve both “No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and mammon” Matt. 6:24.

Jesus taught us to “seek first the kingdom of God and His righteousness, and all these things will be added to you” Matt. 6:33. Jesus simply taught that a man who loves money lays up “treasures on earth” instead of “treasures in Heaven”. Jesus also said, “Where your treasure is, there your heart will be also”. Matt. 6:21

Forgetting God when earthly possessions multiply is not new. The children of Israel faced this temptation when they entered the Promise Land. Moses cautioned them ahead of time that this temptation would come. Note his words of warning in Deuteronomy: “So it shall be, when the LORD your God brings you into the land of which He swore to your fathers, to Abraham, Isaac, and Jacob, to give you large and beautiful cities which you did not build, houses full of all good things, which you did not fill, hewn-out wells which you did not dig, vineyards and olive trees which you did not plant when you have eaten and are full then beware, lest you forget the LORD who brought you out of the land of Egypt, from the house of bondage”. Deu. 6:10-12

Watch the Video and Answer the Following Questions

1. Why do some Christians get uncomfortable when hearing messages about money? How does it make you feel when the issue of giving is discussed? Why?
2. What keeps Christians from giving as much as they should?

3. How can you keep your motives pure when it comes to accumulating material possessions?

4. In what practical ways can we be laying up treasures in Heaven instead of treasures here on earth?

5. Think of one or two things that you have learned that you’d like to work on in the coming week. Remember that this is all about quality, not quantity. It’s better to work on one specific area of life and do it well than to work on many and do poorly (or to be so overwhelmed that you simply don’t try). Note your thoughts here:

   **Here Are Some Great Scriptures to Bring to Memory**

   *He who is greedy for gain troubles his own house, But he who hates bribes will live.* Prov. 15:27

   *Do not overwork to be rich; Because of your own understanding, cease! Will you set your eyes on that which is not? For riches certainly make themselves wings; They fly away like an eagle toward heaven.* Prov. 23:4-5

   *He who loves silver will not be satisfied with silver; Nor he who loves abundance, with increase. This also is vanity.* Eccl. 5:10

   *For you know the grace of our Lord Jesus Christ, that though He was rich, yet for your sakes He became poor, that you through His poverty might become rich.* 2 Cor. 8:9

   *But seek first the kingdom of God and His righteousness, and all these things shall be added to you.* Matt. 6:33

   *For the love of money is a root of all kinds of evil, for which some have strayed from the faith in their greediness, and pierced themselves through with many sorrows.* 1 Tim. 6:10
Calvary Vista’s Men’s Ministry  
Spring Schedule  
Lesson 10  
“A Disciplined Man”

It is the purpose of this session to encourage and show us how to be disciplined spiritually, physically, and mentally. We will go through the necessary steps to accomplish this by learning about preparation, maintaining, conditioning, concentration and endurance.

We are not told who wrote the book of Hebrews, but whoever it was used the Greek and Roman games to illustrate and describe the disciplines involved in living the Christian life. “Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God”.

Heb.12:1-2

The author of Hebrews broadens this athletic metaphor by using the word “agona”, a Greek athletic term that refers to a contest. This reference could be referring to a foot race or to other Greek games involving intense competition and self-discipline, such as fighting wild beasts, boxing, wrestling or throwing the discus. To compete effectively in these games, an athlete had to “lay aside every weigh.” The athlete must “throw off everything that hinders.” The Greek word is “ogkon”, which refers to “bulk” and “mass.” It can refer to excessive weight of any kind, including our own body weight.

“Looking on to Jesus” is perhaps the most important lesson in this athletic metaphor. Any runner in the Greek stadium who took his eyes off the goal and either looked at the crowds or his competitors would lose valuable time and concentration. So it is in the Christian life. When we take our eyes off the Lord and focus on others, we are in danger of getting side tracked spiritually.

Watch the Video and Answer the Following Questions

1. Why is it so easy to be “overweight” in our Christian lives?
2. What specific steps do you need to take in order to be more disciplined?

3. How do you feel about asking a close Christian friend to hold you accountable? Does the thought of this encourage you or scare you? Why do we need to hold each other accountable? Isn’t being accountable to God enough?

**Think About It**

4. Make a complete list of all the areas of your life in which you need greater discipline. Then, for each, write down what you can do to experience increased discipline. Since you cannot accomplish this in your own strength and must have God’s help, your answers should include ways you can receive divine assistance and enabling. If necessary, use the back of page 3 to record your thoughts.

**Here are Some Great Scriptures to Bring to Memory**

*Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.* Heb. 12:1-2

*But reject profane and old wives’ fables, and exercise yourself toward godliness. For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.* 1 Tim. 4:8-9

*Put on the whole armor of God, that you may be able to stand against the wiles of the devil.* Eph. 6:11
NOTES
Listed below are the Video/DVD sessions and how they match up to the chapters in the textbook *The Measure of A Man* by Regal (Division of Gospel Light). Some men may want to use the textbook as a supplement.

**Video/DVD Session 1  Introduction: Measure of a Man**
Introduction and Chapter #1 (Becoming Faithful Men)

**Video/DVD Session 2  A Man of Moral Purity**
Paralleling Chapter # 3 (Moral Purity)

**Video/DVD Session 3  A Man Above Reproach**
Paralleling Chapter # 2 (Building a Good Reputation)

**Video/DVD Session 4  Loving What is Good**
Paralleling Chapter # 17 (Loving What is Good)

**Video/DVD Session 5  Managing Your Household**
Paralleling Chapter # 16 (Reflecting Our Heavenly Father)

**Video/DVD Session 6  Overcoming Anger**
Paralleling Chapter # 11 (Don’t Let The Sun Go Down)

**Video/DVD Session 7  Letter from Dad/ Sharing Your Wisdom**
Paralleling Chapter #5 (A Man Of Wisdom)

**Video/DVD Session 8  A Fair-Minded (Gentle) Man**
Paralleling Chapter #13 (Becoming A Fair-Minded Man)

**Video/DVD Session 9  A Generous Man**
Paralleling Chapter #15 (Becoming A Generous Man)

**Video/DVD Session 10  A Disciplined Man**
Paralleling Chapter #20 (Becoming A Disciplined Man)