

Example Manhood Plan

I. A Look Back:

- A. What unfinished business undercuts my journey to manhood?
 - 1. What wounds have not been addressed?
 - 2. Have I made a decision to move through the pain rather than be crippled by it?
 - 3. Do I have a fear of accepting responsibility?
 - 4. Are there past mistakes I still need to deal with fully? (i.e., confess and be forgiven for, make restitution for, accept responsibility for etc.)
- B. How am I going to deal with unfinished business?
 - 1. What steps do I need to take?
 - 2. Whose help do I need? (Friend, pastor, community group leader or member, a professional counselor?)
- C. How will I know when I am finished? Can I describe it?

II. A Look at Now:

- A. How do I evaluate myself in light of the definition of real manhood? (rejects passivity, accepts responsibility, leads courageously, expects the greater reward – God’s reward)
- B. What biblical responsibilities do I have as a man at this stage of my life? List below with biblical support for each, where possible.
 - 1. Do I accept these with conviction?
 - 2. Am I willing to pursue these by faith?
- C. Where am I succeeding as a man, right now?
 - 1. How can I use these strengths to further my growth?
- D. Where am I struggling or failing as a man?
 - 1. How, practically, can I reverse this?
 - 2. What would be a first step I need to take now?
- E. Where do I tend to be passive?
- F. How willing and committed am I to accept responsibility?
- G. How well do I love, honor and lead my wife? (Or, in general, the women in my life?)
- H. How clear is my focus on the greater reward God promises?
- I. Who is there to help me in my pursuit of real manhood? Who will listen to my goals for manhood, observe my efforts, and cheer for me when I succeed?

III. A Look Ahead:

- A. What sort of “old man” do I want to be? Describe in detail...character, accomplishments, ministry, etc., in light of the manhood definition (initiatives, responsibilities, leadership, reward).
- B. What do I want to make sure my children receive from me before they leave home?
- C. What adjectives would I want my wife to use to describe me over the years of our marriage?
- D. How do I want to be remembered by those who knew me?

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- E. What is my spiritual mission in life?
- F. What goals must be accomplished for me to say I achieved true manhood by the end of my life? List below and give biblical support. Include under each some specific “how-tos” that will help you accomplish each goal.
- G. *
- H. *
- I. *
- J. *

IV. A Look Back:

- A. What unfinished business undercuts my journey to manhood?

I have not totally accepted my past as complete. Therefore I try to cling to memories and try to change them. This really inhibits my ability to move forward. By frequently focusing on “what – if” scenarios (from my youth) I waste a lot of time in the past. In order to progress on the journey to manhood I realize now that I need to deal with the past, accept it, and focus on the present and future.

1. What wounds have not been addressed?

I have not fully accepted the way I was raised. The “Absent father” wound has manifested itself in my life. Although I saw my father when I was young, I do not have many positive memories. Now the direction of my life appears to be guided more from happenstance than thoughtful planning.

2. Have I made a decision to move through the pain rather than be crippled by it?

Up until now I have not made a conscious decision to move through the pain. I have been crippled by my lack of action. Procrastination has caused many crisis management situations in my life. Instead of being focused and intentional I appear lost and confused.

3. Do I have a fear of accepting responsibility?

Yes. After contemplating this question I realize that I do not fully take responsibility for my actions. If things go wrong I feel it is due to something other than my actions. It is as if no matter what has happened I was not responsible for my life. The fear from the past is still present today. Thus far I have not taken responsibility for my own life.

4. Are there past mistakes I still need to deal with fully? (i.e., confess and be forgiven for, make restitution for, accept responsibility for etc.)

Yes. Some of the mistakes I made in the past are because I did not take responsibility. For instance not passing a class because I did not put in the required effort. Need to ask forgiveness for not loving my family due to resentment of my father’s relationship. Realize my actions (leaving home for the military) were more to run away than to be responsible. At times I become very intolerant of situations and people’s irresponsible actions. Ironically I have not dealt with my own. I need to confess feelings with my father then get over the past so I can progress and move forward.

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B. How am I going to deal with unfinished business?

I am going to deal with unfinished business by coming to closure with my past. I will accept my upbringing the way it occurred. I will no longer try to change the past. I will not linger on ways to change what is done.

1. What steps do I need to take?

I need to go to Utica and clean out the clutter, both physically and mentally. In an effort to clean out my parents' house I can come to closure with the past. Some things are saved; some are given away, and others thrown away. I need to do the same with actions: keep some (good habits); give some away (kindness and love), and others dispose of properly (bad habits). Stop pretending that I can do everything later.

2. Whose help do I need? (Friend, pastor, community group leader or member, a professional counselor?)

Assistance from my sisters, brother, and wife would be helpful. Prayers from Bible study support group would be beneficial.

C. How will I know when I am finished? Can I describe it?

I will know I am finished when I can move forward in several areas of my life. Yes, I can describe completing the past when I take action with a sense of urgency. Not by always thinking things from the past will change. By living in the present and not in memories of New York so many years ago. Not by constantly expressing a sense regret, remorse, or blame. Accepting the past as history with a desire to improve the future. Go to Utica this summer (in July) to help clear out clutter at parents home. Forgive parents for the way I was raised and realize they did the best they knew how. Ask forgiveness for built up resentment of Dad. Ask forgiveness (showing remorse) from wife and children.

V. A Look at Now:

A. How do I evaluate myself in light of the definition of real manhood? (rejects passivity, accepts responsibility, leads courageously, expects the greater reward – God's reward)

I would not rate high on the scale at this point. I do not reject passivity enough. Frequently I do not take a stand on important issues. Unfortunately I do not accept full responsibility in many areas of my life.

B. What biblical responsibilities do I have as a man at this stage of my life? List below with biblical support for each, where possible.

I have a several responsibilities at this stage in my life. I should honor my wife. I should raise my children in a Christian home. I should provide financially for my family.

1. Do I accept these with conviction?

I have not accepted my responsibilities with conviction up to this point. Biblical manhood helped me realize where I was lacking. Now I will pursue my responsibilities as an adult.

2. Am I willing to pursue these by faith?

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Yes. I am willing to pursue these by faith with God's help. Through prayer and quiet time I know God will provide everything I need.

C. Where am I succeeding as a man, right now?

I do take some responsibility for my life. I am making an effort to improve parenting skills. I am striving to be a better husband. I started to study the bible more in the several years.

1. How can I use these strengths to further my growth?

I can further my growth by starting with God's word in the bible. Striving to improve my spiritual discipline will allow me to focus on ways to be a better man of God.

D. Where am I struggling or failing as a man?

I have failed thus far by not being biblically centered as a Christian man. The reflection of my life shows more that I am "of this world" instead "in this world".

1. How, practically, can I reverse this?

I can reverse this in 2 ways. First by reading the bible several times each week. Secondly by finding good Christian role models; then to follow their example.

2. What would be a first step I need to take now?

Read and study the bible starting in May. Actively participate in the parenting bible study at my church. Actually strive to improve relationship with wife and children.

E. Where do I tend to be passive?

I tend to be passive with my actions and myself. I do not hold myself accountable for things I should be doing. I just expect forgiveness for inadequacy.

F. How willing and committed am I to accept responsibility?

Thus far I have not been committed to accepting responsibility. I am however willing to start accepting responsibility now.

G. How well do I love, honor and lead my wife? (Or, in general, the women in my life?)

Unfortunately I do not show great love and honor to my wife. I want to but I fall short with promises of doing better next time. I lose the sense of urgency for improvement. As for the other women in my life, I act without thinking about the right thing to do. I want to display honor more.

H. How clear is my focus on the greater reward God promises?

My focus on the greater reward has always been cloudy. Reflecting on the past I realized my actions demonstrate little regard for the rules. I have done what pleased me and my actions show that I expect forgiveness. Expecting God to be merciful no matter what I do is arrogant disrespectful.

I. Who is there to help me in my pursuit of real manhood? Who will listen to my goals for manhood, observe my efforts, and cheer for me when I succeed?

People from my manhood bible study would help me in the pursuit of real manhood. My wife would listen to my goals for manhood, watch my efforts and let me know if I am succeeding.

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VI. A Look Ahead:

- A. What sort of “old man” do I want to be? Describe in detail... character, accomplishments, ministry, etc., in light of the manhood definition (initiatives, responsibilities, leadership, reward).

I want to be a person who is remembered for having integrity. I want to have achieved a profound difference in my marriage. I want my actions to have shown that I loved and honored my wife. I want to have lived as a responsible Christian man.

- B. What do I want to make sure my children receive from me before they leave home?

I want my children to have received several things from me. My children should have the secure knowledge that I always loved them and be filled with loving memories of enjoyable times shared. They should have a working moral compass to assist them in their future. My son should have shared in a ceremonial festivity knowing acceptable behavior for a man. My daughters should have shared in a ceremonial festivity knowing the correct way to be treated by men.

- C. What adjectives would I want my wife to use to describe me over the years of our marriage?

I would like for my wife to be pleased with her decision to marry me. Some adjective to describe me over our years of marriage would be: determined, persistent, responsible, honest, faithful, loving, biblical leader and obedient to God’s word.

- D. How do I want to be remembered by those who knew me?

I want to be remembered as an honest, fair, biblically centered individual. Also I want to be a good Christian role model.

- E. What is my spiritual mission in life?

My mission in life is to show God’s love in my actions. I want to attribute my successes in life to God’s glory not mine. My mission is to demonstrate (by example) the way to be a good Christian father and husband to my children.

- F. What goals must be accomplished for me to say I achieved true manhood by the end of my life? List below and give biblical support. Include under each some specific “how-tos” that will help you accomplish each goal.

One goal I want accomplished is long-term good habits; Time alone with God, Scripture memory and Meditation, Share the Gospel, Serve in Ministry, and Faithful Stewardship.

- G. * Have my wife view our relationship different (better) than it is today. Plan a get away to get it together retreat.

- H. * Get a better handle on household and family finances so I can be a better steward with money. Prioritize review of money being lost from old retirement plans.

- I. * Memorize twenty-five Bible verses by December.

- J. * Spend time each week reading the bible starting in May. Apply lessons learned to my life.

- K. * Become a more faithful servant in ministry by helping wherever I can at church starting now.