

# YOUR MANHOOD PLAN

“Teach us to number our days,  
That we may present to You a heart of wisdom.”  
Psalm 90:12, NASB

“Therefore be careful how you walk, not as unwise men, but as wise,  
Making the most of your time, because the days are evil.”  
Ephesians 5:15-16, NASB

## I. A Look Back...

- A. What personal strengths do I presently have due to positive experiences and good people in my past? How can these strengths and assets aid me in my journey to authentic manhood?
- B. What unfinished business undercuts my journey to manhood?
  - 1. Which of the manhood wounds presented in these sessions have I not adequately addressed?
  - 2. Have I made a decision to move through the pain rather than be crippled by it?
  - 3. What keeps me from addressing these wounds?
  - 4. Whose help do I need?
  - 5. How will I practically address the wounds affecting me from my past? Be specific.
  - 6. How will I know when I am finished with this unfinished business? Can I describe “finishing”?
- C. What past mistakes do I still need to deal with fully? (i.e. confess and be forgiven for, make resolution for, accept responsibility for, etc.)
  - 7. How am I going to deal with these mistakes?
  - 8. What steps do I need to take?
  - 9. Whose help do I need? (i.e. friend, pastor, church leader or member, a professional counselor)
- D. What question from my past still needs to be answered? Who can help me? Have I made an appointment to seek their help?

**Take all the above information and write it into specific actions steps ... Goals that are specific and measurable ... for addressing the foundation of your manhood.**

Example: I will talk to my dad about our relationship and ask him face-to-face whether he loves me or not and whether he is proud of me or not. I will do this by September 1.

Example: I see my Depravity Wound and now know how little I understand about spiritual life. I will have someone take me through a basic Bible study to build a strong spiritual foundation by June 30.

Example: I will ask forgiveness from the wife and children I left in a divorce and make whatever restitution necessary by June 1.

## II. A look at Now...

- A. How do I evaluate myself in light of the biblical definition of real manhood?
- B. According to the Scripture, what manhood responsibilities do I have at this stage in my life? Make a list.
  - 1. Do I accept these responsibilities with conviction?
  - 2. Do I have a specific plan for assuming these responsibilities?
  - 3. What obstacles are holding me back?
- C. Where am I succeeding as a man right now, in regards to my biblical calling as a man?
  - 1. Would others agree with me?
  - 2. How can I see God rewarding me for these successes?
- D. Where am I struggling or failing as a man right now?
  - 3. How, practically, can I reverse this?
  - 4. What key steps can I take within the next 30 days to actually start a reversal process?
  - 5. Whose help do I need? Have I made an appointment to seek their help?

**Take all the above information and write out specific, measurable goals for addressing your present pursuit of real manhood.**

Example: By November 1 I will surprise my wife by taking her on a special weekend getaway to renew our relationship.

Example: I will start a regular Bible reading program using the "One-Year-Bible" on March 15.

Example: I will lead our family out of the excessive debt we have using a debt reduction plan and the help of a qualified financial advisor. To begin now!

## III. A Look Ahead...

- A. What goals must I accomplish for me to say I have achieved true manhood by the end of my life? Make a list.
- B. What adjectives would I want my wife to use to describe me over the years of our

marriage?

- C. What sort of “old man” do I want to be? Describe in detail. How can I avoid Ecclesiastes 2:11?
- D. How do I want to be remembered by those who knew me?
- E. What specific experiences and memories do I want my children to have with me before they leave home?

**Take all the above information and write out specific, measurable goals for addressing your future pursuit of real manhood over a lifetime.**

Example: I want to know what my spiritual gift(s) are and I want to use them in some effective way for the glory of god.

Example: I want each of my sons and daughters to know what biblical manhood and womanhood is and to have celebrated that with them in three ceremonies that leave a lasting impression.