



# Measure of a Man Workshop

## INTRODUCTION

**M**en need preventative maintenance and ongoing, intentional discipleship to mature into true MEN of God. Pioneered in local churches, the *Measure of a Man Workshop* is a fun, short, low commitment, and interactive way to funnel men into an outstanding discipleship program.

The process is simple:

1. Purchase the workbooks you need to accommodate your men (you'll be reimbursed as men purchase their workbook).
2. Promote the *Measure of a Man Workshop* in the worship service. Use the "300" promo.
3. Introduce men to the Measure of a Man series through the *Workshop* which is usually done on a Tuesday or Thursday night as a BBQ, or a Saturday morning breakfast.
4. When men see the value of Measure of a Man through the *Workshop* you will provide them the opportunity to sign up for the remaining classes to complete the series. Since they already own their workbooks, the class can be held at any time and in any setting that works best for your church (i.e. Sunday morning/night, Wednesday night Bible study, small group study (additional DVD Sets available), etc...).

The following sections contain the workshop outline and the basic material needed to run it.

## PREP & SET UP

**T**ask a team, in advance, to put together a short, funny video presentation or slide show. The presentation could consist of funny interviews from your church leaders – attempts at cooking, first date, most embarrassing moments...etc.

**EXAMPLE: How Do "REAL" Men Exercise?**

- They Run (to the bathroom at least a couple times each night)
- Stomach Crunches (while bending over to get the remote)
- Leg Lifts (climbing the ladder to take down Christmas lights, it's now May!) ETC...

More seriously: **What do "REAL" Men of God do?**

- They love the Lord with all their heart
- Read the Word of God every day
- Honor and love their wives
- Pray for their family, church and community

We have also produced a great promo you can use called "300". It's at <https://vimeo.com/59191905>.

Use round tables (if available) with about 6 men per table—we want room to write and to spread out for the things we will be doing throughout the day. We suggest you create rows of tables. Allow the men to seat themselves at random but fill up each table. Each table will be a "team" in the competitive event during the workshop. You will want to have a prize for the winning team. Tickets to a sporting event, gift certificates to Bass Pro or Cabela's, etc...

Select a theme that will be fun for your men. Be creative. For example, one church used a "Hunting" theme and put up a duck blind in the sanctuary.

On each round table:

- 12 blank sheets of paper and pens/pencils.
- 1 Measure of a Man Workbook per man

## BASIC SCHEDULE *(Adjust if a weeknight event)*

8:45 – 9:15: Breakfast – 30 minutes

9:15 – 9:20: Welcome/Opening Prayer – 5 minutes

9:20 – 10:05: First Teaching Session – 45 minutes

*DVD Part 1 – 11 minutes*

*Discussion – 10 minutes*

*DVD Part 2 – 11 minutes*

*Personal Reflection: Evaluate Your Reputation – 13 minutes*

10:05 – 10:35: NERF Skeet Shooting Contest (or comparable) – 30 minutes

10:35 – 10:45: Break – 10 minutes

10:45 – 11:30 Second Teaching Session – 45 minutes

*Sam Houston story & writing – 6 minutes*

*DVD Part 1 – 11 minutes*

*Discussion – 10 minutes*

*DVD Part 2 – 11 minutes*

*Personal Reflection: Handling Anger – 7 minutes*

11:30 – Sign up for the remainder of the sessions. Use the Joshua passage or Optional Ending and call to action.

*The schedule is designed to be relaxed and fun as you introduce the series to your men.*

## SCHEDULE DETAILS *(Modify as necessary for a weeknight event)*

### **8:45AM – 9:15AM Breakfast**

Provide a breakfast meal for the men. Give some time for fellowship.

A Continental Breakfast or hot dogs and burgers will minimize prep time and manpower needed for set up and makes for easy clean up. If desired you can go big and do a full breakfast or BBQ.

Do whatever fits your schedule and available manpower.

Show the humorous video presentation or slide show to launch the day and break the ice.

### **9:15AM – 9:20AM Welcome/Opening Prayer**

The Facilitator can be the pastor, preacher, deacon, elder or a layperson.

First and foremost the welcome should put the guys at ease and assure them that this is a fun event.

It should also include the objectives of the day, re-affirm the schedule, and confirm that they will be going home before noon (or by 9PM if a weeknight event).

### **9:20AM – 10:05AM Teaching – View Measure of a Man-Part I, Session 3 (Man Above Reproach)**

Begins on page 17 in the Workbooks and page 11 of the Leader Guide.

We start with Session 3 because each session can ‘stand alone’ and Session 3 works very well in this setting.

**Play DVD Part 1 (11 minutes):** Show the first half of “Session 3 – Man Above Reproach” (located on Disk 1) and complete the fill-in-the blanks on workbook page 18.

**Discussion and Interaction (10 minutes):** Have each table interact with discussion question on page 19.

**Play DVD Part 2 (11 minutes):** Show the second half of “Session 3 – Man Above Reproach” and complete the fill-in-the blanks on workbook page 19.

**Personal Reflection - Evaluate Your Reputation (13 minutes):** Reflection questions on page 20.

### **10:05AM – 10:35AM The NERF Skeet Shoot**

**A Competitive, Safe Game:** This whole workshop is designed so that men can interact, have some fun, and get an introduction to “Measure of a Man”. This is the FUN part. Use any type of safe, competitive game that will involve all the guys. Have each table be a team and give out prizes to the winners. Main objective is to build camaraderie and help the guys get to know each other. We also want to reinforce the concept of working as team to accomplish a goal. Below are some examples of what can be done.

**Ex. #1 – NERF Gun Skeet Shoot:** NERF Guns are available in abundance. Men with sons probably have several at their house. If needed, a couple can be purchased at any department store for about \$20 each. The skeet shoot can be done inside using heavy duty paper plates (stapled face to face). Just pick a fair distance, toss them up and give each man about three chances to hit one. Depending on how many men are involved this could take anywhere from 20 to 40 minutes.

**Ex. #2 – BOCCE Elimination Tourney:** Bocce is a well known game that someone of any age and skill level can participate in. You just need a bocce set (some of your men probably have one) and a lawn to play on. Have each team choose their four men to shoot and do two rounds (set of four balls each round) against another team. The highest point total after two rounds wins and goes on to the next team. Going over just two rounds would take quite a bit more time.

There are many more options for a short competition, be creative and use any that your men would like. Examples: Horseshoes, Washers, Free Throw or 3-Point Contest (if you have a gym), etc...

### **10:35AM – 10:45AM Break**

### **10:45AM – 11:30AM Teaching Session 2 – View Measure of a Man Session 6 (Overcoming Anger)**

**Sam Houston story & writing exercise (8 minutes):** Read *Philippians 4:8* – Encourage the men to think about the attributes in the verse and how it might apply to them.

- Share the Sam Houston ring story: “In the spring of 1813, future statesman Sam Houston enlisted in the US Army. His mother, Elizabeth, knew that her son would be gone from her and in great danger. She presented him with a gift. A gold band with one word engraved on the inside of the ring...It was the word HONOR.”
- Engage in a one minute writing assignment: Write one word that describes you as a man of God. Examples: Faithful, Struggling, Warrior, Dependable, Knothead, etc.....
- Go to note page viii in their workbook. Engage in two minute writing assignment: Have them write 3 areas where they would like to grow as a man of God.

## **10:45AM – 11:30AM Teaching Session 2 – View Measure of a Man Session 6 (Overcoming Anger) continued...**

**Play DVD Part 1 (11 minutes):** Show the first half of 'Session 6 – Overcoming Anger' (located on Disk 2) and complete the fill-in-the blanks beginning on page 40 in the Workbooks and page 23 of the Leader Guide.

**Discussion and Interaction (10 minutes):** Have each table interact with discussion question on page 40.

**Play DVD Part 2 (11 minutes):** Show the second half of 'Session 6 – Overcoming Anger' and complete the fill-in-the blanks on workbook page 41.

**Personal Reflection - Handling Anger (7 minutes):** Reflection questions on page 41.

After the discussion, read Joshua 24:15. Encourage them to not let anything hinder their commitment to grow as a man of God. Have them contemplate the 3 areas of growth they noted. Tell them you are certain each of those areas will be strengthened by their continued participation in the Measure of a Man series.

**Optional Ending:** Use the clip from the story of George H.W. Bush... You can find it at <http://bit.ly/10dplmg>. It's a great story of how a husband, father and grandfather expressed his love to his family.

When it is finished you can ask: What will they say about you? Will they say ...My father/grandfather was:

A Generous Man? A Respectable Man? A Fair Man? A Godly Man?

The "Measure of a Man" series covers all of those topics. It will help any man become God's man.

Don't forget to remind them of the times and dates of the classes to continue the eight sessions of the Measure of a Man. Direct them to the sign-up form provided.

Now is the time to enlist leaders. If someone feels they would like to help have them indicate it on the sign-up form.

**11:15ish –** After the class sign up, dismiss. This concludes the **Measure of a Man Workshop**.

The **Measure of a Man Workshop** is a fun, interactive, and powerful way to reach the hearts of men. It's designed to be the kick off to a weekly discipleship series that can be done in a Sunday morning class, a Sunday or Wednesday night, or even in home groups. It makes a wonderful outreach opportunity and opens the door to bring new men into the church by driving them to a regular, weekly event.

