

## MOW+

---

MOW+ is for men who are part of our Men of the Word program who want to take their spiritual walk to the next level. It's for guys who are desirous, at the very least, for significant growth in biblical manhood if not ministry leadership. On one hand, "MOW+" could be used nefariously – it can be cheated, or used to sustain one's pride. On the other hand, it is my desire that this becomes a tool God uses to make us all more mature Men of the Word.

### Objectives:

- Provide a venue for deeper real-world accountability.
- Establish a context from which the MBC Elders can identify future leaders (elders and deacons).
- Read, internalize, and discuss Christian classics.
- Encouragement for outreach and disciple-making.

### Process:

- On Saturday or Sunday, you and your accountability partner will discuss the contents of each other's sheet. Your focus will be on the particulars of overcoming sin and how you can help one another.
- Figure out between one another the pace with which you will read the book.

### Time Commitment:

- About 20m of reading each week.
- 20-30m a week for connecting with your AP.
- Any time required if you need to add core disciplines (bible reading, prayer, exercise, making disciples, etc.).

## Weekly Spiritual Self-Evaluation for MOW+

---

---

Which category of sin or sins has vexed you most over the last few weeks? What sin or sins do you hope to eradicate with this effort?

1. Greed/Desire for more (money, power, things, rank)
2. Lust
3. Gluttony
4. Waste/Poor Stewardship (time, money, other resources)
5. Anger/Impatience
6. Pride/Self-pity (essentially, being obsessed with self)
7. Laziness
8. Lovelessness/Bitterness
9. Discontentment
10. Complacency/Apathy

I spent time reading my Bible and in prayer (meaningfully) at least 5 days this week:

- Yes
- No

I completed the assigned reading:

- Yes
- No

Discuss who you are discipling, and the strategies to do it.

Notes – from reading, Scripture, or just from life. Please note here if you have regularly failed in the above, how you might ask for help or accountability.

I acknowledge the above is true \_\_\_\_\_

## MOW+

---

MOW+ is for men who are part of our Men of the Word program who want to take their spiritual walk to the next level. It's for guys who are desirous, at the very least, for significant growth in biblical manhood if not ministry leadership. On one hand, "MOW+" could be used nefariously – it can be cheated, or used to sustain one's pride. On the other hand, it is my desire that this becomes a tool God uses to make us all more mature Men of the Word.

### Objectives:

- Provide a venue for deeper real-world accountability.
- Establish a context from which the MBC Elders can identify future leaders (elders and deacons).
- Read, internalize, and discuss Christian classics.
- Encouragement for outreach and disciple-making.

### Process:

- On Saturday or Sunday, you and your accountability partner will discuss the contents of each other's sheet. Your focus will be on the particulars of overcoming sin and how you can help one another.
- Figure out between one another the pace with which you will read the book.

### Time Commitment:

- About 20m of reading each week.
- 20-30m a week for connecting with your AP.
- Any time required if you need to add core disciplines (bible reading, prayer, exercise, making disciples, etc.).

## Weekly Spiritual Self-Evaluation for MOW+

---

Which category of sin or sins has vexed you most over the last few weeks? What sin or sins do you hope to eradicate with this effort?

1. Greed/Desire for more (money, power, things, rank)
2. Lust
3. Gluttony
4. Waste/Poor Stewardship (time, money, other resources)
5. Anger/Impatience
6. Pride/Self-pity (essentially, being obsessed with self)
7. Laziness
8. Lovelessness/Bitterness
9. Discontentment
10. Complacency/Apathy

I spent time reading my Bible and in prayer (meaningfully) at least 5 days this week:

- Yes
- No

I completed the assigned reading:

- Yes
- No

Discuss who you are discipling, and the strategies to do it.

Notes – from reading, Scripture, or just from life. Please note here if you have regularly failed in the above, how you might ask for help or accountability.

I acknowledge the above is true \_\_\_\_\_

## MOW+

---

MOW+ is for men who are part of our Men of the Word program who want to take their spiritual walk to the next level. It's for guys who are desirous, at the very least, for significant growth in biblical manhood if not ministry leadership. On one hand, "MOW+" could be used nefariously – it can be cheated, or used to sustain one's pride. On the other hand, it is my desire that this becomes a tool God uses to make us all more mature Men of the Word.

### Objectives:

- Provide a venue for deeper real-world accountability.
- Establish a context from which the MBC Elders can identify future leaders (elders and deacons).
- Read, internalize, and discuss Christian classics.
- Encouragement for outreach and disciple-making.

### Process:

- On Saturday or Sunday, you and your accountability partner will discuss the contents of each other's sheet. Your focus will be on the particulars of overcoming sin and how you can help one another.
- Figure out between one another the pace with which you will read the book.

### Time Commitment:

- About 20m of reading each week.
- 20-30m a week for connecting with your AP.
- Any time required if you need to add core disciplines (bible reading, prayer, exercise, making disciples, etc.).

## Weekly Spiritual Self-Evaluation for MOW+

---

Which category of sin or sins has vexed you most over the last few weeks? What sin or sins do you hope to eradicate with this effort?

1. Greed/Desire for more (money, power, things, rank)
2. Lust
3. Gluttony
4. Waste/Poor Stewardship (time, money, other resources)
5. Anger/Impatience
6. Pride/Self-pity (essentially, being obsessed with self)
7. Laziness
8. Lovelessness/Bitterness
9. Discontentment
10. Complacency/Apathy

I spent time reading my Bible and in prayer (meaningfully) at least 5 days this week:

- Yes
- No

I completed the assigned reading:

- Yes
- No

Discuss who you are discipling, and the strategies to do it.

Notes – from reading, Scripture, or just from life. Please note here if you have regularly failed in the above, how you might ask for help or accountability.

I acknowledge the above is true \_\_\_\_\_

## MOW+

---

MOW+ is for men who are part of our Men of the Word program who want to take their spiritual walk to the next level. It's for guys who are desirous, at the very least, for significant growth in biblical manhood if not ministry leadership. On one hand, "MOW+" could be used nefariously – it can be cheated, or used to sustain one's pride. On the other hand, it is my desire that this becomes a tool God uses to make us all more mature Men of the Word.

### Objectives:

- Provide a venue for deeper real-world accountability.
- Establish a context from which the MBC Elders can identify future leaders (elders and deacons).
- Read, internalize, and discuss Christian classics.
- Encouragement for outreach and disciple-making.

### Process:

- On Saturday or Sunday, you and your accountability partner will discuss the contents of each other's sheet. Your focus will be on the particulars of overcoming sin and how you can help one another.
- Figure out between one another the pace with which you will read the book.

### Time Commitment:

- About 20m of reading each week.
- 20-30m a week for connecting with your AP.
- Any time required if you need to add core disciplines (bible reading, prayer, exercise, making disciples, etc.).

## Weekly Spiritual Self-Evaluation for MOW+

---

Which category of sin or sins has vexed you most over the last few weeks? What sin or sins do you hope to eradicate with this effort?

1. Greed/Desire for more (money, power, things, rank)
2. Lust
3. Gluttony
4. Waste/Poor Stewardship (time, money, other resources)
5. Anger/Impatience
6. Pride/Self-pity (essentially, being obsessed with self)
7. Laziness
8. Lovelessness/Bitterness
9. Discontentment
10. Complacency/Apathy

I spent time reading my Bible and in prayer (meaningfully) at least 5 days this week:

- Yes
- No

I completed the assigned reading:

- Yes
- No

Discuss who you are discipling, and the strategies to do it.

Notes – from reading, Scripture, or just from life. Please note here if you have regularly failed in the above, how you might ask for help or accountability.

I acknowledge the above is true \_\_\_\_\_



## MOW+

---

MOW+ is for men who are part of our Men of the Word program who want to take their spiritual walk to the next level. It's for guys who are desirous, at the very least, for significant growth in biblical manhood if not ministry leadership. On one hand, "MOW+" could be used nefariously – it can be cheated, or used to sustain one's pride. On the other hand, it is my desire that this becomes a tool God uses to make us all more mature Men of the Word.

### Objectives:

- Provide a venue for deeper real-world accountability.
- Establish a context from which the MBC Elders can identify future leaders (elders and deacons).
- Read, internalize, and discuss Christian classics.
- Encouragement for outreach and disciple-making.

### Process:

- On Saturday or Sunday, you and your accountability partner will discuss the contents of each other's sheet. Your focus will be on the particulars of overcoming sin and how you can help one another.
- Figure out between one another the pace with which you will read the book.

### Time Commitment:

- About 20m of reading each week.
- 20-30m a week for connecting with your AP.
- Any time required if you need to add core disciplines (bible reading, prayer, exercise, making disciples, etc.).

## Weekly Spiritual Self-Evaluation for MOW+

---

Which category of sin or sins has vexed you most over the last few weeks? What sin or sins do you hope to eradicate with this effort?

1. Greed/Desire for more (money, power, things, rank)
2. Lust
3. Gluttony
4. Waste/Poor Stewardship (time, money, other resources)
5. Anger/Impatience
6. Pride/Self-pity (essentially, being obsessed with self)
7. Laziness
8. Lovelessness/Bitterness
9. Discontentment
10. Complacency/Apathy

I spent time reading my Bible and in prayer (meaningfully) at least 5 days this week:

- Yes
- No

I completed the assigned reading:

- Yes
- No

Discuss who you are discipling, and the strategies to do it.

Notes – from reading, Scripture, or just from life. Please note here if you have regularly failed in the above, how you might ask for help or accountability.

I acknowledge the above is true \_\_\_\_\_

## MOW+

---

MOW+ is for men who are part of our Men of the Word program who want to take their spiritual walk to the next level. It's for guys who are desirous, at the very least, for significant growth in biblical manhood if not ministry leadership. On one hand, "MOW+" could be used nefariously – it can be cheated, or used to sustain one's pride. On the other hand, it is my desire that this becomes a tool God uses to make us all more mature Men of the Word.

### Objectives:

- Provide a venue for deeper real-world accountability.
- Establish a context from which the MBC Elders can identify future leaders (elders and deacons).
- Read, internalize, and discuss Christian classics.
- Encouragement for outreach and disciple-making.

### Process:

- On Saturday or Sunday, you and your accountability partner will discuss the contents of each other's sheet. Your focus will be on the particulars of overcoming sin and how you can help one another.
- Figure out between one another the pace with which you will read the book.

### Time Commitment:

- About 20m of reading each week.
- 20-30m a week for connecting with your AP.
- Any time required if you need to add core disciplines (bible reading, prayer, exercise, making disciples, etc.).

## Weekly Spiritual Self-Evaluation for MOW+

---

Which category of sin or sins has vexed you most over the last few weeks? What sin or sins do you hope to eradicate with this effort?

1. Greed/Desire for more (money, power, things, rank)
2. Lust
3. Gluttony
4. Waste/Poor Stewardship (time, money, other resources)
5. Anger/Impatience
6. Pride/Self-pity (essentially, being obsessed with self)
7. Laziness
8. Lovelessness/Bitterness
9. Discontentment
10. Complacency/Apathy

I spent time reading my Bible and in prayer (meaningfully) at least 5 days this week:

- Yes
- No

I completed the assigned reading:

- Yes
- No

Discuss who you are discipling, and the strategies to do it.

Notes – from reading, Scripture, or just from life. Please note here if you have regularly failed in the above, how you might ask for help or accountability.

I acknowledge the above is true \_\_\_\_\_

## MOW+

---

MOW+ is for men who are part of our Men of the Word program who want to take their spiritual walk to the next level. It's for guys who are desirous, at the very least, for significant growth in biblical manhood if not ministry leadership. On one hand, "MOW+" could be used nefariously – it can be cheated, or used to sustain one's pride. On the other hand, it is my desire that this becomes a tool God uses to make us all more mature Men of the Word.

### Objectives:

- Provide a venue for deeper real-world accountability.
- Establish a context from which the MBC Elders can identify future leaders (elders and deacons).
- Read, internalize, and discuss Christian classics.
- Encouragement for outreach and disciple-making.

### Process:

- On Saturday or Sunday, you and your accountability partner will discuss the contents of each other's sheet. Your focus will be on the particulars of overcoming sin and how you can help one another.
- Figure out between one another the pace with which you will read the book.

### Time Commitment:

- About 20m of reading each week.
- 20-30m a week for connecting with your AP.
- Any time required if you need to add core disciplines (bible reading, prayer, exercise, making disciples, etc.).

## Weekly Spiritual Self-Evaluation for MOW+

---

Which category of sin or sins has vexed you most over the last few weeks? What sin or sins do you hope to eradicate with this effort?

1. Greed/Desire for more (money, power, things, rank)
2. Lust
3. Gluttony
4. Waste/Poor Stewardship (time, money, other resources)
5. Anger/Impatience
6. Pride/Self-pity (essentially, being obsessed with self)
7. Laziness
8. Lovelessness/Bitterness
9. Discontentment
10. Complacency/Apathy

I spent time reading my Bible and in prayer (meaningfully) at least 5 days this week:

- Yes
- No

I completed the assigned reading:

- Yes
- No

Discuss who you are discipling, and the strategies to do it.

Notes – from reading, Scripture, or just from life. Please note here if you have regularly failed in the above, how you might ask for help or accountability.

I acknowledge the above is true \_\_\_\_\_

## MOW+

---

MOW+ is for men who are part of our Men of the Word program who want to take their spiritual walk to the next level. It's for guys who are desirous, at the very least, for significant growth in biblical manhood if not ministry leadership. On one hand, "MOW+" could be used nefariously – it can be cheated, or used to sustain one's pride. On the other hand, it is my desire that this becomes a tool God uses to make us all more mature Men of the Word.

### Objectives:

- Provide a venue for deeper real-world accountability.
- Establish a context from which the MBC Elders can identify future leaders (elders and deacons).
- Read, internalize, and discuss Christian classics.
- Encouragement for outreach and disciple-making.

### Process:

- On Saturday or Sunday, you and your accountability partner will discuss the contents of each other's sheet. Your focus will be on the particulars of overcoming sin and how you can help one another.
- Figure out between one another the pace with which you will read the book.

### Time Commitment:

- About 20m of reading each week.
- 20-30m a week for connecting with your AP.
- Any time required if you need to add core disciplines (bible reading, prayer, exercise, making disciples, etc.).

## Weekly Spiritual Self-Evaluation for MOW+

---

Which category of sin or sins has vexed you most over the last few weeks? What sin or sins do you hope to eradicate with this effort?

1. Greed/Desire for more (money, power, things, rank)
2. Lust
3. Gluttony
4. Waste/Poor Stewardship (time, money, other resources)
5. Anger/Impatience
6. Pride/Self-pity (essentially, being obsessed with self)
7. Laziness
8. Lovelessness/Bitterness
9. Discontentment
10. Complacency/Apathy

I spent time reading my Bible and in prayer (meaningfully) at least 5 days this week:

- Yes
- No

I completed the assigned reading:

- Yes
- No

Discuss who you are discipling, and the strategies to do it.

Notes – from reading, Scripture, or just from life. Please note here if you have regularly failed in the above, how you might ask for help or accountability.

I acknowledge the above is true \_\_\_\_\_



## MOW+

---

MOW+ is for men who are part of our Men of the Word program who want to take their spiritual walk to the next level. It's for guys who are desirous, at the very least, for significant growth in biblical manhood if not ministry leadership. On one hand, "MOW+" could be used nefariously – it can be cheated, or used to sustain one's pride. On the other hand, it is my desire that this becomes a tool God uses to make us all more mature Men of the Word.

### Objectives:

- Provide a venue for deeper real-world accountability.
- Establish a context from which the MBC Elders can identify future leaders (elders and deacons).
- Read, internalize, and discuss Christian classics.
- Encouragement for outreach and disciple-making.

### Process:

- On Saturday or Sunday, you and your accountability partner will discuss the contents of each other's sheet. Your focus will be on the particulars of overcoming sin and how you can help one another.
- Figure out between one another the pace with which you will read the book.

### Time Commitment:

- About 20m of reading each week.
- 20-30m a week for connecting with your AP.
- Any time required if you need to add core disciplines (bible reading, prayer, exercise, making disciples, etc.).

## Weekly Spiritual Self-Evaluation for MOW+

---

Which category of sin or sins has vexed you most over the last few weeks? What sin or sins do you hope to eradicate with this effort?

1. Greed/Desire for more (money, power, things, rank)
2. Lust
3. Gluttony
4. Waste/Poor Stewardship (time, money, other resources)
5. Anger/Impatience
6. Pride/Self-pity (essentially, being obsessed with self)
7. Laziness
8. Lovelessness/Bitterness
9. Discontentment
10. Complacency/Apathy

I spent time reading my Bible and in prayer (meaningfully) at least 5 days this week:

- Yes
- No

I completed the assigned reading:

- Yes
- No

Discuss who you are discipling, and the strategies to do it.

Notes – from reading, Scripture, or just from life. Please note here if you have regularly failed in the above, how you might ask for help or accountability.

I acknowledge the above is true \_\_\_\_\_

## MOW+

---

MOW+ is for men who are part of our Men of the Word program who want to take their spiritual walk to the next level. It's for guys who are desirous, at the very least, for significant growth in biblical manhood if not ministry leadership. On one hand, "MOW+" could be used nefariously – it can be cheated, or used to sustain one's pride. On the other hand, it is my desire that this becomes a tool God uses to make us all more mature Men of the Word.

### Objectives:

- Provide a venue for deeper real-world accountability.
- Establish a context from which the MBC Elders can identify future leaders (elders and deacons).
- Read, internalize, and discuss Christian classics.
- Encouragement for outreach and disciple-making.

### Process:

- On Saturday or Sunday, you and your accountability partner will discuss the contents of each other's sheet. Your focus will be on the particulars of overcoming sin and how you can help one another.
- Figure out between one another the pace with which you will read the book.

### Time Commitment:

- About 20m of reading each week.
- 20-30m a week for connecting with your AP.
- Any time required if you need to add core disciplines (bible reading, prayer, exercise, making disciples, etc.).

## Weekly Spiritual Self-Evaluation for MOW+

---

Which category of sin or sins has vexed you most over the last few weeks? What sin or sins do you hope to eradicate with this effort?

1. Greed/Desire for more (money, power, things, rank)
2. Lust
3. Gluttony
4. Waste/Poor Stewardship (time, money, other resources)
5. Anger/Impatience
6. Pride/Self-pity (essentially, being obsessed with self)
7. Laziness
8. Lovelessness/Bitterness
9. Discontentment
10. Complacency/Apathy

I spent time reading my Bible and in prayer (meaningfully) at least 5 days this week:

- Yes
- No

I completed the assigned reading:

- Yes
- No

Discuss who you are discipling, and the strategies to do it.

Notes – from reading, Scripture, or just from life. Please note here if you have regularly failed in the above, how you might ask for help or accountability.

I acknowledge the above is true \_\_\_\_\_