

Your Man Plan

Identify a few steps you will take over the coming 120 days to pursue your calling as a man.

As a Son...

☐ Suggestion: Send a note of thanks to your parents

As a Husband...

☐ Suggestion: Send one love note per week to your wife

As a Father...

☐ Suggestion: Start a weekly family time routine

As a Grandfather...

☐ Suggestion: Text, email or write a note of encouragement to each grandchild about his/her spiritual journey

For additional ideas on becoming intentional at home, stop by the HomePointe Center or visit bentonvillechurch.com/homepointe

THE MAN PLAN

Pursuing Your Heroic Call



Tools For Men

Man Appraisal

How intentional have you been during the past 120 days?
Check all that apply.

As a Son...

I have honored my father and mother by...

- ☐ Showing them appropriate respect
- ☐ Expressing gratitude for their investment in me
- ☐ Taking initiative to support myself financially
- ☐ Fostering spiritual disciplines in my life
- ☐ Establishing my own home/family

As a Husband...

I have loved my wife "as Christ loved the church" by...

- ☐ Having a "date night" twice or more per month to focus on her needs and connect relationally
- ☐ Writing a note, giving flowers or initiating some other tangible expression of my love at least twice per month
- ☐ Calling during the day, sitting down to chat, taking walks together or creating some other non-task driven communication routine at least three times per week
- ☐ Praying with my wife (other than saying grace over a meal) at least twice per week
- ☐ Demonstrating meaningful touch (hugs, kisses, caressing) and/or verbal affirmation (words of appreciation, admiration, affection) at least once per day

I have taken steps to protect my marriage by...

- ☐ Establishing or maintaining boundaries and accountability in vulnerable areas such as sexual temptation, a bad temper, office relationships, time away from home, demeaning language, substance abuse, etc.
- ☐ Making a consistent effort to take care of myself physically and emotionally to be the best lifelong partner I can be
- ☐ Apologizing and/or forgiving before going to bed after a conflict

As a Father...

I have invested in my children's faith by...

- ☐ Doing something special with each child (hobby, ice cream date, movie night, etc.) at least twice per month
- ☐ Connecting relationally with my children (texting, chatting, helping with homework, eating dinner together at the table, etc.) at least once per day
- ☐ Creating or capturing an occasion within the home for passing my beliefs and values to my children (family time activity, mealtime conversation, bedtime reading, etc.) at least once per week
- ☐ Praying with my children (including meals, bedtime, etc.) at least five times per week
- ☐ Apologizing and/or forgiving before going to bed after a conflict

As a Grandfather...

I have influenced the next generation's faith by...

- ☐ Doing something to foster a relational connection with my grandchildren (wrote a note, hobby, ice cream date, phone chat, etc.) at least once per month
- ☐ Doing something intentional to directly (with grandchildren) or indirectly (assisting the parents) help my grandchildren inherit a strong spiritual legacy at least once in the past 120 days

Your Manly Grade

Grade your level of intentionality over the past 120 days.

- ☐ **A** Exceedingly Manly
- ☐ **B** Better than the Average Joe
- ☐ **C** The Average Joe
- ☐ **D** Fairly Passive
- ☐ **F** Pretty Pathetic

