

MCC Small Group Study Guide
Five Habits of Highly Effective Men
(Lesson 1 of 5)

“Affirming Spiritually”

5 minutes - Welcome, Introductions, Opening Prayer

10 Minutes - Action Step Review: Talk about what you experienced as you were obedient to God since we met last by fulfilling the Action Step we discussed at our last meeting.

25 Minutes - Study

We want to begin this study of highly effective men by asking the question... How would you describe our cultural stereotype of a “real man?”

Do you think of Jesus Christ as a “real man?” Why did you answer in that way? How does Jesus compare with our cultural stereotype?

In our study with Robert Owens, he stated that one of the habits of highly effective men was the practice of *affirming others spiritually*. To do so is to remind people of who they are in Christ and their standing with the Father. This process helps to shape an individual’s self image. *How do you think our self image affects how we function as we progress through life?*

The Apostle Paul spent a great deal of time reminding Christians of who they were in Christ and the standing that they had with God because of Jesus. **Read Ephesians 1:1-23.** List all the things that we are in Christ and have in Christ that are pointed out in this chapter alone. If you really believed that all this was who you are and what you have, what difference would that make in your life, your job, your emotions, and your relationships?

20 Minutes – Application

What was the “spiritual affirmation quotient” in your home growing up? How have you experienced spiritual affirmation or the absence of affirmation? How has that affected you throughout your life and in your walk with God?

How are you at affirming people in your life? Especially in spiritual areas? Wife / children / friends / employees / strangers?

What specifically do you do or say that affirms some of these people that you touch? How do you think consistent affirmation from you might make a difference for them?

Action Step: Between now and the next time we meet, be intentional about affirming others in your life...those close to you and strangers. Notice how the practice of affirmation impacts others and you each time you are affirming? Be ready to share some of your experiences with affirmation the next time we meet.

Prayer: Take prayer requests and prayer reports. Commit to pray for one another until you meet again. Pray especially for a spirit that affirms others so that we may be like Jesus.

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Five Habits of Highly Effective Men
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“Approving Practically”

5 Minutes - Welcome, Introductions, Opening Prayer

10 Minutes - Action Step Review: Talk about what you experienced as you were obedient to God since we met last by fulfilling the **Action Step** we discussed at our last meeting.

25 Minutes - Study

Have you continued to think about Jesus Christ as a “real man” since we met last? What qualities in Christ do you think reflect manhood at its best?

In our study with Robert Owens, he stated that one of the habits of highly effective men was the practice of *practically approving* of others in our relationships. What does it mean to practically approve of others? (Note: To practically approve of another means to point out strengths in that person so that they develop a sense of self worth, goodness, competence, and purpose.)

Can you think of examples in scripture when Jesus or other spiritual leaders *approved* of others.? What was said or done and how did that approval impact the person who received it?

Suggested examples:

Matt. 4:19 Matt. 10:29-31 Luke 19:2-8 John 15:1 Heb. 6:9-10 2 Tim. 1:3-7

20 Minutes - Application

What was the “approving quotient” in your home growing up?
What areas of your life were “approved”? Which ones were neglected?
How has that approval or lack of approval affected you over the years?

How are you at approving of those significant people in your life?

What do you do specifically and intentionally to practically approve others? How do you see that approval impacting those individuals....especially your wife, your children, your co-workers, spiritual family members?

How can we become more effective in our approving of others?

Step: Between now and the next time we meet, be intentional about practically approving those close to you and even strangers. Notice how the *practice of approving* impacts others and you each time you are approving? Be ready to share some of your experiences with affirmation the next time we meet.

Prayer: Take prayer requests and prayer reports. Commit to pray for one another until you meet again. Pray especially for a spirit that approves others so that we may be like Jesus.

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Five Habits of Highly Effective Men
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“Laying Foundations”

5 Minutes - Welcome, Introductions, Opening Prayer

10 Minutes - Action Step Review: Talk about what you experienced as you were obedient to God since we met last by fulfilling the **Action Step** we discussed at our last meeting.

25 Minutes - Study

In our study with Robert Owens, he stated that one of the habits of highly effective men was the practice of *laying foundations* of spiritual truth in our relationships. What do you think it means to lay foundations of spiritual truth?

[**Note:** This is more than Bible study and memorization. It is teaching others to apply the word in every part of their lives. It is dispensing wisdom and truth and imparting a biblical world view to another individual.]

Read Matthew 7:24-27 Summarize what Jesus is telling us in this section?

What insights do the following scriptures give us about laying foundations of spiritual truth?

Deut. 6:4-9 Proverbs 2:1-8 Hebrews 4:12-13 2 Tim. 2:15 James 1:22-25
James 1:52 Tim. 2:2

20 Minutes – Application

How are you laying spiritual foundations in your own life?

What are some practical ways in which you can lay these foundations in the lives of others...especially family members, new believers, and seekers?

Have you found some excellent resources to facilitate your work in laying foundations?

Action Step: Between now and the next time we meet, be intentional about laying spiritual foundations in the lives of others or, perhaps, asking someone to lay some foundations in your own life. Be ready to share some of your experiences with *foundation laying* the next time we meet.

Prayer: Take prayer requests and prayer reports. Commit to pray for one another until you meet again. Pray especially for a spirit that lays foundations in others so that we may be like Jesus.

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“Providing Discipline”

5 Minutes - Welcome, Introductions, Opening Prayer

10 Minutes - Action Step Review: Talk about what you experienced as you were obedient to God since we met last by fulfilling the **Action Step** we discussed at our last meeting.

25 Minutes - Study

In our study with Robert Owens, he stated that one of the habits of highly effective men was the practice of *providing spiritual discipline* for others so that they may grow in Christ. What do you think it means to “provide spiritual discipline” for someone else’s life?

In your thinking, what kinds of things are included in the whole concept of spiritual discipline?

Why do you think most men are resistant to discipline...especially in the areas of their spiritual and moral lives?

Read Proverbs 3:11-12 and Hebrews 12: 5-11

What do you think the *Lord’s discipline* looks like and how does it come to us? *When* does it come to us?

When we are a source of spiritual discipline in the life of another person what should our attitudes and motives be as we fulfill that fatherly role? What is the core meaning of *discipline* and how does that help us understand our role of providing spiritual discipline?

[**Note:** Remember that discipline is not primarily to punish, but to teach as in *disciple*.]

20 Minutes – Application

How have you experienced the Lord’s discipline in your life? What have been the fruits of that discipline? How did God use other men to bring that discipline to your life?

What areas of your spiritual walk need more discipline now? How could a spiritual father help bring discipline to your life so that you might grow in the Lord?

Are you providing spiritual discipline or accountability now for anyone...family, friends, or other believers?

Action Step: Between now and the next time we meet, be intentional about spiritual discipline in your life...either providing it or receiving it. You may want to seek out someone to provide that for you if you don’t already have that relationship. Be ready to talk about that the next time we meet.

Prayer: Take prayer requests and prayer reports. Commit to pray for one another until you meet again. Pray especially for a spirit that lays foundations in others so that we may be like Jesus.

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(Lesson 5 of 5)

“Calling Out Destiny”

5 Minutes - Welcome, Introductions, Opening Prayer

10 Minutes - Action Step Review: Talk about what you experienced as you were obedient to God since we met last by fulfilling the **Action Step** we discussed at our last meeting.

25 Minutes - Study

In our study with Robert Owens, he stated that one of the habits of highly effective men was the practice of *calling out destiny* in the lives of others so that they may fulfill their purpose in Christ.

Do you believe that every man has a destiny established by Christ? Why or why not? Was there a time in your life when you didn't know that? How did you feel the first time you understood that you have a destiny?

Read Psm.139:13-16; Ephesians 2:10; and Romans 8:28-31

Summarize the truths you see in these passages related to a man having a personal destiny in Christ.

If a man truly believed that he had a personal destiny in Christ, ordained by God before he was ever born, and that God had designed him to accomplish a great work in his life...what difference might that knowledge make in his life and his choices? See Eph. 4:1 & 2 Thess.1:11

20 Minutes - Application

When have you experienced others “calling out the destiny” in your life?

In what practical ways could you “call out the destiny” in others...family, friends, employees, spiritual family? **How important could that be to a son or daughter?**

How does a man begin to learn what his specific destiny might be?

What do you know or sense about your personal destiny in Christ? What is your calling?

Action Step: Between now and the next time we meet, be intentional about calling out destiny in the lives of others and thinking about your own.. Be ready to talk about your experiences with “destiny” the next time we meet.

Prayer: Take prayer requests and prayer reports. Commit to pray for one another until you meet again. Pray especially for a spirit that lays foundations in others so that we may be like Jesus.

