



HEART OF A **MAN**



7 Foundations of a Christian Man

Day 1 | Read Genesis 1:26-31

1. Before reading anything, try to describe your purpose for living.
2. What abilities do you think God gave humans by making them in His image?
3. What mandates did God give the man and woman after He created them?
4. How could you apply these mandates to your current work, family, church, and community?

Day 2 | Read Genesis 2

1. What purpose did God give the man when He put him in the garden?
2. What are some possible ways our practice of the Sabbath has disconnected God from our work?
3. How does the union of a man and woman impact a community? (i.e. What purpose does marriage achieve in our human relationships and our relationship with God?)

Day 3 | Read Nehemiah 1-7

1. What triggered the vision of Nehemiah to re-build the wall?
2. How did he solidify this as his life purpose, and how did he live it out?
3. What do you see happening in our world that causes you to weep? What would it take for God to get you involved?

Day 4 | Read Matthew 28:16-20

1. What do you think it means to make disciples, and what part do you think you play in this mandate from Jesus?
2. Try to write a purpose statement for your life that reflects what you learn in Scripture.

Day 1 | Read Deuteronomy 6:4-25 and Isaiah 55:10-11

1. Why is Moses telling his people to make sure their children know God's Word?
2. What do you do to achieve success and minimize the influence of our culture on your family?
3. What does it mean that God's Word never returns empty?
4. When would the effectiveness of God's Word be useful to you and to people who need you?

Day 2 | Read Matthew 7:24-27

1. What does this say about how you should handle what you learn from the Bible?
2. What behaviors have you changed because of what you have learned from the Bible?
3. How does this help you decide how often you should be studying the Bible (alone and with other men)?

Day 3 | Read John 1:1, Hebrews 4:12, Revelation 19:11-16 and 2 Timothy 3:14-17

1. What is at least one implication of Jesus being the actual Words of God?
2. When was the last time the words of God cut through your heart?
3. When do you think people are most likely to experience the conviction of God's Word?
4. Why does Paul tell Timothy to trust God's Word?
5. What are a few reasons you should keep trusting in God's Word?

Day 4 | Read 2 Timothy 4:1-5 and 1 Peter 1:22-25

1. As you see our churches and believers caving into pressure from the culture, what will you do to solidify the Bible as your sole source of truth?

2. What does Peter say leads people to be born again?

3. Why would memorizing God's Word, as it is written, be valuable to a Christian?

Day 1 | Read Genesis 1:2, Matthew 3:16, and Exodus 31:1-5

1. Who or what is the Holy Spirit? How have you seen the Holy Spirit move in your life?
2. What do these verses tell you about the Holy Spirit? How does this help explain the Spirit's connection to God?
3. What did God do through the Holy Spirit? How can our buildings reflect the glory of God?

Day 2 | Read Numbers 11:16-25

1. What does this tell you about Moses, and how God executes His plans?
2. **Read 1 Samuel 16:7-13 and 17:33-50:** How do you know when you have been empowered by the Holy Spirit?
3. **Read Matthew 12:30-31, John 3:5-6 and 1 John 2:20-23:** What do you learn about the importance/purpose of the Holy Spirit?

Day 3 | Read John 14:15-17 and 14:25-27

1. How do you know when the truth you believe is from Jesus?
2. **Read Romans 8:9-11:** Why is the Holy Spirit critical to believers?
3. **Read Acts 1:7-8 and 1 Corinthians 12:7:** What are we equipped to do when we are filled with the Holy Spirit?

Day 4 | Read Ephesians 1:13-14 and Galatians 5:16-26

1. How does God identify believers following our physical death?
2. How does the Holy Spirit help you exemplify Christian character?
3. What are a few reasons to grow your relationships with the Holy Spirit, and what are a few ways you can grow your relationship with Him?

Day 1 | Read John 13:31-38, John 18:15-18, and John 18:25-27

1. How did Peter fail?

2. How do you think it affected him?

Day 2 | Read John 21:15-19 and Acts 2:36-41

1. This speech was given after Jesus was resurrected. What might the Holy Spirit be using in Peter that came from his failure?

2. Where have you failed or been deeply hurt? How might God be able to use that pain for His purpose?

Day 3 | Read Matthew 6:14-15, Matthew 18:15-17, and Luke 17:3-4

1. What does Jesus teach about forgiveness in these passages?

2. **Read Ephesians 4:30-32 and Colossians 3:13:** Why should you forgive others?

3. How does forgiving those who hurt you make you different?

Day 4 | Read Romans 12:6-8, 1 Corinthians 12:4-11 and 1 Corinthians 12:27-30

1. What do you learn in these passages about spiritual gifts?

2. Go to the website www.spiritualgiftstest.com. Take the spiritual gifts test. What are your top three gifts?

3. **Read Ephesians 4:11-13:** Why is important for you to use your spiritual gifts to help your Christians brothers and sisters?

Day 1 | Read Psalm 46:10, Habakkuk 2:20, Matthew 4:1-11, Matthew 4:14-23, and Luke 6:12-13

1. What does the Bible teach about solitude and silence?
2. What do you think are some of the benefits of solitude and silence?
3. **Read Genesis 2:18:** What is the difference between solitude and isolation?

Day 2 | Read Deuteronomy 9:9 and 9:18, Daniel 9:3, Matthew 4:1-4 and Matthew 6:16-18

1. What do you learn about fasting in these verses?
2. What are some possible benefits of fasting?
3. How could fasting help you with a current issue in your life?

Day 3 | Read Psalm 16, Matthew 26:39, Luke 11:1-4, Philippians 4:6, and James 5:16

1. What do you learn about prayer from each passage of Scripture?
2. In what areas of prayer do you need help or need to grow?

Day 4 | Read Romans 5:3-5, James 5:7-11 and 1 Peter 4:12-19

1. What does this text tell us to expect in this life?
2. How do we benefit from suffering?
3. What type of personal suffering might you anticipate?

Day 1 | Read John 2:1-11

1. Why did Jesus do this miracle?
2. Why did Jesus ask the servants to participate?
3. Why is it important for Christians to serve others?

Day 2 | Read Genesis 1:27-28 and Matthew 28:18-20

1. How does this command of Jesus help us fulfill our God-given purpose assigned in the garden of Eden?
2. How do you know that the command to make disciples applies to all believers?
3. What role can you play in your family and community to help make disciples?

Day 3 | Read Matthew 10:37-39

1. What does Jesus require of those who desire to follow Him?
2. Why would Jesus make such lofty expectations of His disciples?
3. How can you more closely align your life to the expectations of Jesus?

Day 4 | Read 1 Chronicles 29:12-14, Malachi 3:8-11, 2 Corinthians 9:6-8, and 1 Timothy 6:17-19

1. What does this text tell us to expect in this life?
2. How do we benefit from suffering?
3. What type of personal suffering might you anticipate?

Day 1 | Read Rev. 12:7-9, Isaiah 14:12-15, John 8:42-47, Eph. 6:10-18, 1 Pet. 5:8-9, Rev. 20:7-10, and Matt. 25:41

1. Who is the Devil?
2. Where did he come from?
3. What is he doing?
4. When does he die?
5. How does the Devil harm you?
6. What is your defense against the Devil?

Day 2 | Read John 17:13-16 and 1 John 2:15-17

1. What is John describing as the “world”?
2. How does the world become a threat to us?
3. How do we protect ourselves from the world?

Day 3 | Read Proverbs 16:27-30, Matthew 10:34-37, Acts 5:1-6 and Galatians 2:11-21

1. Who in your life do you find yourself in conflict with, even landing in opposition to them?
2. Who do you struggle to like or even tolerate? Why?
3. Where have *you* become an obstacle for a fellow Christian?

Day 4 | Read Psalm 51:5, Proverbs 6:16-19, Mark 7:2-23, and 1 John 1:8-10

1. Why do Christians still sin after they are saved?
2. How do your own failures hold you back at times?