

# Your Manhood Plan

“Teach us to number our days,  
That we may present to Thee a heart of wisdom.”

Psalm 90:12, NASB

“Be careful how you walk, not as unwise men, but as wise,  
making the most of your time, because the days are evil.”

Ephesians 5:15-16, NASB

# A Look Back

- A. What personal strengths do I presently have due to positive experiences and good people in my past? How can these strengths and assets aid me in my journey to authentic manhood?
  
- B. What unfinished business undercuts my journey to manhood?
  - 1. Which of the manhood wounds Robert Lewis presented have I not adequately addressed?
  - 2. Have I made a decision to move through the pain rather than be crippled by it?
  - 3. What keeps me from addressing these wounds?
  - 4. Whose help do I need?
  - 5. How will I practically address the wounds affecting me from my past? Be specific.
  - 6. How will I know when I am finished with this unfinished business?  
Can I describe finishing?
  
- C. What past mistakes do I still need to deal with fully (confess and be forgiven for, make resolution for, accept responsibility for, etc.)?
  - 1. How am I going to deal with these mistakes?
  - 2. What steps do I need to take?
  - 3. Whose help do I need (friend, pastor, church leader or member, a professional counselor)?
  
- D. What questions from my past still need to be answered? Who can help me?  
Have I made an appointment to seek their help?

TAKE ALL THE ABOVE INFORMATION AND WRITE SPECIFIC ACTION STEPS—  
GOALS THAT ARE SPECIFIC AND MEASURABLE—  
FOR ADDRESSING THE FOUNDATION OF YOUR MANHOOD.

**EXAMPLE:** I will talk to my dad about our relationship and ask him face-to-face whether or not he loves me and whether or not he is proud of me. I will do this by September 1.

**EXAMPLE:** I will see my Depravity Wound and now know how little I understand about spiritual life. I will have someone take me through a basic Bible study to build a strong spiritual foundation by June 30.

**EXAMPLE:** I will ask forgiveness from the wife and children I left in a divorce and make any necessary restitution by June 1.

# A Look at Now

- A. How do I evaluate myself in light of the biblical definition of real manhood?
- B. According to Scripture, what manhood responsibilities do I have at this stage in my life?  
Make a list.
  - 1. Do I accept these responsibilities with conviction?
  - 2. Am I willing to pursue these by faith?
  - 3. What obstacles are holding me back?
- C. Where am I succeeding as a man right now in regard to my biblical calling as a man?
  - 1. Would others agree with me?
  - 2. How can I see God rewarding me for these successes?
- D. Where am I struggling or failing as a man right now?
  - 1. How, practically, can I reverse this?
  - 2. What key steps can I take within the next 30 days to actually start a reversal process?
  - 3. Whose help do I need?

TAKE ALL THE ABOVE INFORMATION AND WRITE SPECIFIC, MEASURABLE GOALS FOR ADDRESSING YOUR PRESENT PURSUIT OF REAL MANHOOD.

**EXAMPLE:** I will take my first “Getting Away to Get it Together” weekend with my wife by September 1.

**EXAMPLE:** I will start a regular Bible-reading program, using a one-year Bible, on March 15.

**EXAMPLE:** I will lead our family out of excessive debt, using a debt-reduction plan and the help of a qualified financial adviser. To begin now!

## A Look Ahead

- A. What goals must I accomplish for me to say I have achieved true manhood by the end of my life? Make a list.
- B. What adjectives would I want my wife to use to describe me over the years of our marriage?
- C. What sort of old man do I want to be? Describe in detail. How can I avoid Ecclesiastes 2:11?
- D. How do I want to be remembered by those who knew me?
- E. What specific experiences and memories do I want my children to have with me before they leave home?

TAKE ALL THE ABOVE INFORMATION AND WRITE SPECIFIC, MEASURABLE GOALS FOR ADDRESSING YOUR PURSUIT OF REAL MANHOOD OVER A LIFETIME.

**EXAMPLE:** I want to know what my spiritual gift(s) are, and I want to use them in an effective way for the glory of God.

**EXAMPLE:** I want each of my sons and daughters to know what biblical manhood and womanhood are and to have celebrated these understandings with them in three ceremonies that leave a lasting impression.

# When You're Really Finished

\_\_\_\_\_

(Write your name here.)

Born \_\_\_\_\_ Died \_\_\_\_\_

Remembered by  
his friends and family as ...

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(Write here what will have made your life a success as a man.)

**“When you come to the end of your life and have nothing but death  
to look forward to, and nothing but memories to look back upon,  
what will you need to conclude that your life was a success and you're satisfied?”  
—Joe Aldrich**