

Have a Conversation

By

Disciple 1 Ministries & Man UP Ministries

Devotional Conversation Starters.

Thank you for joining the mission to fulfill the commission!

Disciple 1: The Challenge

This book is designed as a tool to help you start conversations as you meet another man for coffee to. In *The Challenge*, you will find 8 devotional conversation starters dealing with some issues men are facing. In the conversation starters you will need to add your own thoughts and life experiences to each one.

Thank you for joining Disciple 1 as we strive to fulfill the Great Commission as found in Matthew 8:19. The Challenge is simple: meet with another man you don't know well for one hour per week for four weeks. If you do this monthly, reaching out to a new individual each month, you'll have developed a deeper relationship with 12 men. You should encourage each man to do the same thing with another man and join the movement @ disciple1ministries.com.

Join us:

Facebook @ <https://www.facebook.com/Disciple1Ministries/>

Online @ <https://disciple1ministries.com/>

Please note the format of this PDF is designed for you to print one lesson per page and provide one section for each of you.

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Just A Thought

As you start meeting with other men, keep in mind "The Jesus Method Of Discipleship. It's a great tool that can help you stay focused and on track.

The Jesus Method Of Discipleship

HE...

- Built a relationship with them
- Walked with them
- Listened to them
- Related to them
- Stood with them
- Prayed for them
- Taught them
- He sent them

Please understand life-on-life relational discipleship is difficult; it can be slow and frustrating. Each person's spiritual growth is different, have grace with the growth. Don't give up because you will see something amazing happen.

Disciple 1 Devotions for Your Meetings

1. Daily Quiet Time
2. Prayer Made Simple
3. 5 Reasons We Get Stuck
4. 4 Ways to Getting Unstuck
5. What If I Controlled My Words
6. Lies Many Men Believe
7. 5 Ways We Make Bad Decisions
8. 4 Helpful Questions to Ask in Anger
9. Keys to Overcome a Stumble in Life
10. Six Characteristics of a Champion

1 - Daily Quiet Time

At first, studying the Bible seemed too complicated. I was easily distracted. The important thing for me was to find a way that worked best for me and use it. In this session, we will look at a simple tool called SOAP that will help you get into the Word daily and enjoy it.

2 Timothy 3:16-17 -- ¹⁶ All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, ¹⁷ so that the man of God may be thoroughly equipped for every good work.

The S.O.A.P Method for a Daily Quite Time

S.O.A.P. - Scripture, Observation, Application, Prayer

Scripture - Start with example (Ephesians 1) – Read for 4 Minutes

Observation – Ask – What is it saying to me right now? - 2 Minutes

Application – Ask – Is there something I need to apply in my life? - 2 Minutes

Prayer – Remember, that Prayer is simply talking to God like you would a best friend. Use the RT method: **R**equest (you/others) and **T**hank (God for what HE does in your life daily) - 2 Minutes

* Use the SOAP method next week, use John 3:16 one day and talk about what you got out of that verse briefly next week before you move on.

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2 - Prayer Made Simple

Prayer is simply talking to God. The most important thing I can say about this is God wants you to talk to Him!

Matthew 6: 9-13 - ⁹“This, then, is how you should pray: “Our Father in heaven, hallowed be your name, ¹⁰ your kingdom come, your will be done, on earth as it is in heaven. ¹¹ Give us today our daily bread. ¹² And forgive us our debts, as we also have forgiven our debtors ¹³ And lead us not into temptation, but deliver us from the evil one.

PRAY

Praise - Praise can go in two important directions: Praise God for who he is and for what he has done in your life

Repent - if we confess our sin, HE is faithful and will forgive us. 1 John. 1:9

Ask - 2 things here...

- Intercession. Praying for someone else.
- Supplication. Praying for our own needs.

Yield - Is simply listening to what God has to say; “I call it waiting on the God nudge.”

Question: What is your biggest prayer need?

Remember: Prayer is simply talking to God like you would your best friend

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5 Reasons We Get Stuck

Sometimes in life we can get stuck on a sandbar, which can lead to our taking a pounding from life's waves. Today we are going to look at 5 reasons we get stuck in life.

Acts 27:41 - But the ship struck a sandbar and ran aground. The bow stuck fast and would not move, and the stern was broken to pieces by the pounding of the surf.

6. **We get comfortable** - It's okay to be comfortable; however when we hang out there too long, it can be dangerous because we stop trying new things.
7. **We quit dreaming** - Dreams inspire, challenge, and grow people. We will never dream bigger than the dreams God has for us.
8. **We stop taking risks** - We can't succeed at anything without a measure of risk. Playing it safe never grows anything; the call of God always involves risk-taking.
9. **We start maintaining** - When we fall into the mode of protecting what we have, we will start losing ground.
10. **We fail to walk by faith** - If we aren't walking by faith in what we are doing, it is impossible to see God work.

Questions:

- Are you stuck in life?
- What is one step you can take to get going again?

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4 Ways to Getting Unstuck

God has put an amazing purpose inside of us, but sometimes in life, we get stuck. Today we will look at 5 ways that will help us get moving toward our purpose again.

Philippians 4:13 - I can do all this through him who gives me strength.

Recharge – Sometimes the best thing we can do is to take time to recharge, grab another glimpse of our purpose, before we start again.

Refocus – Setbacks happen, and they can cause us to lose focus of where we were headed. At some point we will have to lift up our head and refocus on the plans God has for our life.

Redesign – Sometimes God leads us in another direction to teach us something that can help us achieve what HE has planned for our lives.

Re-start – One thing is certain, we will never reach our purpose if we are sitting on the sideline. Is it time for you to get moving toward your God-given purpose?

Questions:

- Do you have that feeling, that there is something you need to be doing, but for some reason, you are just stuck?
- Which one of the point's best describe where you are today?

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What If I Controlled My Words

It's not difficult to see the problems caused by saying the wrong words. More than likely, they are only as far as your closest relationships. Today we are going to look at three things that can help us control our words.

James 3:2 - Indeed, we all make many mistakes. For if we could control our tongues, we would be perfect and could also control ourselves in every other way.

1. Don't say everything you know - You may know something about someone, but just because you know it, and just because it's true, doesn't mean you have to say it.

2. Don't say everything you think - Before you speak, keep this principle in mind: Silence looks like knowledge.

3. Don't repeat everything you hear - The problem with repeating gossip is that there is a better than even chance that what you heard isn't completely true.

Questions:

-Is there someone you need to apologize to because of something you said?

-Which one of the 3 above do you need to work on the most?

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Lies Many Men Believe

If you've been hit with a setback, if you are licking your wounds from a failure, or if you simply can't find your way right now, you may be allowing the enemy, the world, or your own mind to feed you some lies.

1 John 4:4 - You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.

Some lies men believe (Talk Through Each Point)

- I will fail if I try.
- I don't measure up.
- I don't have what it takes.
- I can't win.
- I can do this and no one will know.
- I'm the only one who has ever struggled with this.
- I will never recover from it.
- I can't be the spiritual leader of my home.

Questions:

- Have you fallen for a lie, and if so, which one?
- What would you need to do to move on from that lie?

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5 Ways We Make Bad Decisions

We make lots of decisions each day today we are going to look at 5 ways we make bad decisions.

Psalms 32:8 - I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you.

- 6. Make decisions alone** - Learning when to wait, seek God. The (wise) counsel of others can help us avoid some of the more costly bad decisions.
- 7. Make decisions too fast** – I've learned that haste does indeed make waste.
- 8. Make decisions to keep people happy** – I have found making people pleasing decisions are often the ones I tend to regret later.
- 9. Make decisions reactionary or angry** – I don't know about you, but when I don't think clearly, I tend to over or under react. Calm down get the facts first.
- 10. Make decisions out of fear** – We are called to walk by faith; make decisions out of faith - not fear.

Questions:

-Which of these get in your way the most in making good decisions?

-What can you do that will help you make better decisions?

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4 Helpful Questions to Ask In Anger

Anger is a great challenge for so many and in so many ways. Anger is simply a natural emotional reaction to a displeasing situation or an event. Anger is not the problem – the problem is when we sin because of anger.

Ephesians 4:26-27 - In your anger do not sin¹: Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold.

4 Helpful Questions to Ask in Anger - (Talk Through Each Point)

1. What am I so angry about?
2. Why am I so angry?
3. Will it really change anything?
4. In the end, will it really matter?

Questions:

-Which question will be the most useful to you?

-When you got anger last time, is there someone you need to apologize to?

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Keys to Overcome a Stumble In Life

In life from time to time we all stumble. When you do there are two choices: You can stay down or get back up. In this session we are going to talk about 4 keys that can help you when you stumble.

Psalms 37: 23-24 - If the Lord delights in a man's way, he makes his steps firm;
24 though he stumble, he will not fall, for the Lord upholds him with his hand.

When You Stumble...

- 1. Recognize it** - Know this sounds simple, but most of the time we do not want to admit it.
- 2. Analyze It** - What caused me to stumble and when did it happen?
- 3. Face It** - The hard part, because it will require a change. Keep in mind if nothing changes - nothing changes.
- 4. Get Back Up** - Get going again, mistakes are a chance to learn a lesson.

Questions:

- Today, is there a place in your life that you are stumbling?
- What will it take to get back up in that area?

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6 Characteristics of a Champion

The world needs champions. In my years of dealing with men, there are six things I see over and over again in men that become champions.

1 Corinthians 9:24 Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.

7. **They all have a dream.** - What's your dream? (For Your Life – Your Family)
8. **They are all fired up!** - What is that burning desire of your life?
9. **They bounce back.** – Is there a difficulty, a disappointment you have not bounced back from yet?
10. **They aim high.** What are you aiming for?
Let's take it a step further: How high is your spiritual aim today?
11. **They plan for trouble.** In life there will be times you get knocked down, champions get back up. Is it time to get back up?
12. **They never quit.** Perseverance characterizes all champions. Press on.
Have you quit something you know you should have stuck with?

Question: Which one do you need to work on?

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About the Authors –

Michael Whitmer

Mike Whitmer is founder of Disciple 1 Ministries and is currently employed by Verizon. Mike has been active in Men's Ministry in the Richmond Virginia area for years. Mike is looking forward to the next chapter in ministry, not because he knows what it will be but because he knows the author.

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Rex Tignor

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