



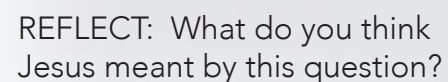
Leadership's first responsibility is to lead oneself. If you are unable to lead yourself, how would someone want to follow you? You demonstrate your leadership to others by first leading your personal life in a strong and responsible way.


If we lack self-discipline, it will be hard for us to help others develop theirs. People will often watch our lives to see if they would like to follow our example more often than they will listen to our advice. Our lives should demonstrate what we would seek to teach others.

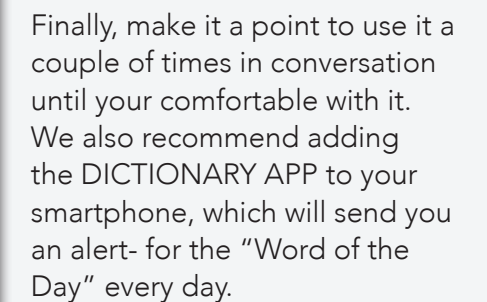
“Leaders KNOW THE WAY, GO THE WAY, AND THEN SHOW THE WAY.”


How could a man rule the world but not himself? Sadly, if we fail to rule our own habits, desires, and decisions, we can find ourselves destroyed and with nothing to show for our lives.

**“WHAT SHALL IT
PROFIT A MAN,
IF HE GAINS THE
WHOLE WORLD,
AND LOSES HIS
SOUL?”**

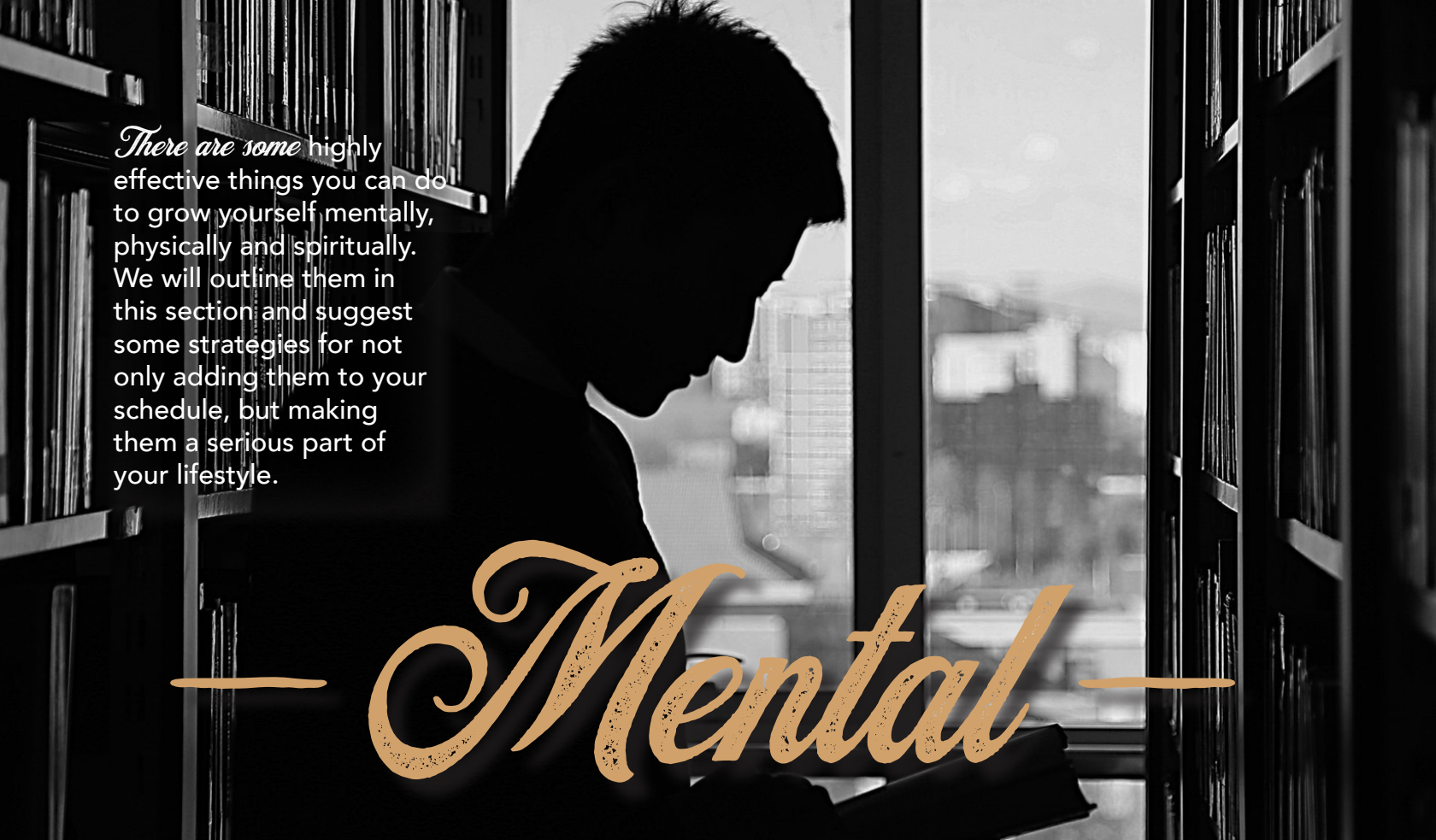
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ONE THING you need to grow, to improve how you communicate, is your vocabulary. Every time you see this symbol , stop and look up the key word. Write a short definition in the space provided, then write a sentence using word.



It's important to grasp the idea that growth should never be one-sided. If you are focusing too much on one "side" of your life, and not the others, your life will begin to show an imbalance -- your life will become less than **OPTIMAL.** 

[illegible]



There are some highly effective things you can do to grow yourself mentally, physically and spiritually. We will outline them in this section and suggest some strategies for not only adding them to your schedule, but making them a serious part of your lifestyle.

Mental

A strong leader is a strong reader. When you read the thoughts of great men, you actually borrow their minds for a moment and put yourself into their heads to see how they think. As you do this more often, you will develop a quick mind with versatile thoughts and brilliance greater than others the same age. Some of the greatest men of all times were men that read often. When you read, you stretch your mind and your mind, once stretched, will never return to its original size; it will continue to grow.

When you read books, you have new thoughts and ideas to discuss with others and help them become wiser.

Make time to read daily, aside from school assignments or devotional time with your Bible. You will find that if you make a habit of having some quiet daily reading time, you will begin to look forward to it as a retreat from the demands and distractions of the rest of your day.

5 WAYS TO GET MORE BOOKS--CHEAP OR FREE!

- 1. The Library.* Your school library is a rich resource for fresh reading material, and so is your local public library. Many offer free downloads of e-books you can read on your phone, tablet or Kindle.
- 2. iBooks.* Of course, if you have an iTunes account or Google Play account for your Android phone, you can purchase a number of books to read digitally. You'll find that almost all the classics and historical documents can be added to your account for FREE because they are considered "public domain." That means they are so old, they are no longer protected by copyright.
- 3. Online.* There are a number of other such free downloads or online reading resources you

should check out:

Read.gov - All public domain books (all the classics), as well as historical documents, are available through this resource maintained by The Library of Congress.

OpenLibrary.org and **ProjectGutenberg.org** are two other resources for free downloadable books.

4. Ebay is an unlimited resource for buying used books in good condition at half price, or less!

5. Half Price Books (or an individually owned used book store, if your town has one) can supply you with everything from classics to textbooks, and they usually have new Bibles and journals, too, that have been discontinued and donated by local book stores.

However you get them, there is no doubt that books are always a sound investment of time and money.

“READING DOES, IN FACT, MAKE US MORE INTELLIGENT. Research shows that reading not only helps with fluid intelligence, but with reading comprehension and **EMOTIONAL INTELLIGENCE** as well. You make smarter decisions about yourself and those around you.”

“READING CREATES NEW WHITE MATTER IN THE BRAIN, according to a 2009 study of 72 children ages eight to ten. White matter carries information between regions of grey matter, where any information is processed. Not only does reading increase white matter, it helps information be processed more efficiently. “¹

10 BOOKS RECOMMENDED BY THE MEN OF HONOR:

- ☞ **MAXIMIZED MANHOOD – DR. EDWIN LOUIS COLE**
- ☞ **I DARE YOU – WILLIAM DANFORTH**
- ☞ **PASSING THE TORCH – TONY W. RORIE**
- ☞ **THE RICHEST MAN IN BABYLON – GEORGE S. CLASON**
- ☞ **7 MEN AND THE SECRET TO THEIR GREATNESS –ALEX METAXES**
- ☞ **MANSFIELD’S BOOK OF MANLY MEN – STEPHEN MANSFIELD**
- ☞ **WILD AT HEART – JOHN ELDRIDGE**
- ☞ **HOPE QUOTIENT - RAY JOHNSTON**
- ☞ **HONOR’S REWARD – JOHN BEVERE**
- ☞ **THE POWER OF POTENTIAL – DR. EDWIN LOUIS COLE**

GOOD IDEAS, RIGHT? You probably have some good intentions right now about what to do. But good intentions will get you nowhere. COMMIT your ideas and plans to paper, right here, so that you will be honor-bound to pursue them. BUT FIRST...define this term and use it in a sentence.

EMOTIONAL INTELLIGENCE

What personal habits can you create that will help you to grow your mental strength? How do you plan to develop those habits?

What personal goals will you set for building your mental strength? How do you plan to achieve them? Set strategies and deadlines for getting things done?

Physical

REGULAR EXERCISE will make you both physically and mentally fit. A person that exercises often keeps their body and mind fit. When you feel strong, ideas come more easily and you become more productive.

A strong body will sustain you during times of crisis and hard work making you more successful and able to keep going when an unfit person might falter.

Regular exercise, sleep and healthy diet will help you to become a stronger, more productive leader. It will also help you to win the respect of others.

Think about the personal goals you will set in this area that will help you to reach your goals.

12 FITNESS TIPS FROM THE PROS

1. SET GOALS & BE ACCOUNTABLE. Choose an accountability partner and set a calendar alarm on your phone to remind you to work out. you should write down your goals. "Place your fitness objectives in a place you can see them -- on a bulletin board or your computer desktop -- to constantly remind yourself to work toward them." (Entrepreneur.com)

2. BE CONSISTENT. Come up with a plan that requires a consistent effort. "The idea of goal-setting is to challenge yourself each time you set out to work toward your larger goal. Setting up smaller, intermediate check points will help you track your progress and keep you motivated to work out on a regular basis. Remember: slow and steady wins the race." (Entrepreneur.com)

3. BE MENTORED. Even if you're not a beginner, you can benefit a great deal by asking someone more experienced for some tips and guidance with your workout routine. "Mentors can be invaluable in our both personal and professional growth. Having had the opportunity to interview some of the most successful professionals in our industry, most of them would credit mentorship as one of the critical keys to their success." (Fit-Pro.com)

4. TRACK YOUR PROGRESS Whether you use a notebook or an app (and there are tons of apps for this), make sure you regularly keep track of what you've done each day. How many reps? How long on the treadmill? What was your speed? You should even take notes on your fatigue level, so you can later look back and see where you are making progress in your stamina.

5. FOCUS ON YOUR CORE. Before each exercise, brace your core. "Your core is much more than a six-pack of muscles hiding beneath your gut -- it's a system of muscles that wraps around your entire torso, stabilizing your body, protecting your spine from injury and keeping you upright. Fire these muscles before every exercise to keep your back healthy, steady your balance and maintain a rigid body position." (Livestrong.org)


6. WATCH YOUR POSTURE. You should stand up straight and tall all the time, but it's important to your results and maybe even your safety to watch your posture when you're working out. "Tucking your shoulder blades down and back with each exercise not only improves results, it helps protect you from injury." (Livestrong.org)

7. INCREASE YOUR RANGE OF MOTION. "Range of motion is the distance the main motion of the exercise travels to complete the rep. Squat deeper, lift higher, reach farther. This is an easy way to help you get more out of your workout." (Livestrong.org)

8. MIX YOUR GRIP TO GET MORE REPS. "If your hands and forearms give out before your back or legs when doing deadlifts, chin ups, inverted rows or bent-over barbell rows, mix your grip." Reverse your grip

with one hand or both. Switch hands for the next set, and keep going until you've made it. (Livestrong.org)


9. DO PUSH-UPS. Don't be afraid to go "old school." This is one of the most effective exercises, if it is done correctly. "Maintain a rigid body line from the top of your head to your heels throughout the push. With this in mind, you won't sag your hips, hump your back, or bubble up your butt. Keep your elbows tucked in towards your sides as you lower your body, and push back up, strong as steel from head to heels." (Livestrong.org)

10. EAT HEALTHY. "Ask almost any personal trainer and they'll tell you that regardless of your training goals, healthy eating is the backbone. Food is what fuels your body to reach your goals, and without proper nutrition through quality foods, you're likely to stall." Men's Journal recommends a balanced diet consisting of fruits, vegetables, **COMPLEX CARBOHYDRATES**,  complete proteins and healthy fats like fish oils and flax seeds.

11. KNOW THE BASICS OF BUILDING MUSCLE.. "First, increase your caloric and complete protein intake, so your body has enough building blocks to get bigger. Then, when you enter the gym, focus on your form. Perform compound movements and

train with weights on average around four times a week." (Men's Journal) Rest is an important part of muscle recovery, too. Always give your body time to recover from workouts.

12. HYDRATE AND RE-HYDRATE. According to the American Heart Association, hydration is critical. "Thirst isn't the best indicator that you need to drink. If you get thirsty, you're already dehydrated" If you're well hydrated, the heart works more efficiently. They recommend water, above any other alternative, although sports drink mixes that are low in sugar can be used to supplement your hydration. When you're done, they recommend eating a healthy snack like orange slices, bananas or a small handful of unsalted nuts.

What are **COMPLEX CARBOHYDRATES**? 

Look it up and explain. Give examples:

Why SHOULD YOU TRACK YOUR WORKOUTS?

THE NATIONAL INSTITUTE OF FITNESS AND SPORTS SAYS TRACKING YOUR WORKOUTS:

+MAKES IT MORE LIKELY TO REACH AND SURPASS YOUR GOAL.

+ALLOWS YOU TO BE MORE EFFICIENT IN YOUR TIME AND WORKOUTS.

+LEADS ACCOUNTABILITY TO YOURSELF AND YOUR GOALS.

+ALLOWS FOR EASIER MODIFICATIONS AND SHOWS WHEN AND WHERE CHANGES NEED TO BE MADE.

+IT CAN BE MOTIVATING AND REINFORCING TO REMIND YOU WHY YOU ARE DOING WHAT YOU ARE.

+HELPS TO DRIVE THE FOCUS AND DIRECTION OF YOUR PROGRAMMING.

+KEEPS YOU COMMITTED TO YOUR PLAN.

A man with a beard and short hair, wearing a grey plaid suit jacket over a black turtleneck, holds a brown football with both hands. He is standing on a rooftop or balcony with a city building in the background. The image is overlaid with a large, semi-transparent white box that contains the word "Notes:" followed by a series of horizontal lines for writing. The box is positioned in the lower half of the image, partially obscuring the man's legs and the background.

According to a number of sources, this expression was first used in the 1950's, at the beginning of the age of advertising. The journalist was saying that this is where it gets serious--this is where the theories get tested.

In other words, this is where we see if the hype proves true -- if someone really means what they say. It was a reference to tires on a car, questioning if it was really going to perform the way everyone says it will.

Setting fitness goals is a good way to test where the rubber meets the road in your journey to physical strength, too. If you are to have the strength and health to be ready to do everything God calls you to do, you have to be in the best possible health.

So, ask around. Do some research. Then come up with a fitness plan. Next, set some goals for yourself. Where do you want to be in 2 weeks? A month? Six months?

Sketch it out here, then use this space to update your progress.

Hint: Use a pencil for this, until you've got it all figured out.

NOTES:

Structure your weekly weight training program.

WEEK / / to / /

NAME _____

GOALS _____

DAYS:

ACTIVITY	SETS	REPS	TIME	DIST	INTENSITY ^{AA}	NOTES

DAYS:

CORE BODY STRENGTH TRAINING					DATE: _____
EXERCISES	SETS	REPS	WEIGHT	REST TIME	NOTES

DAYS:

UPPER BODY STRENGTH TRAINING						DATE: _____
EXERCISES	SETS	REPS	WEIGHT	1RM*	REST TIME	NOTES

DAYS:

[illegible]

DAYS:

ACTIVITY	SETS	REPS	TIME	DIST	INTENSITY ^{MM}	NOTES

* 1RM - Current One Rep Max (for reference)

^{AA} Intensity: easy/medium/hard or poor/good/excellent

- Social -

As a **MAN OF HONOR**, it is critically important that you learn to put yourself out into the social world. It is there that you will influence others and be influenced by them.

Our natural tendency is to be awkward and afraid to put ourselves out into the public, but me we must overcome the desire to be solitary and withdrawn.

**THE GREATEST
LEADERS OF ALL
TIMES ARE THOSE
WHO MADE
THEMSELVES
AVAILABLE TO OTHERS.**

As a Man of Honor, how you present yourself to others will determine how well liked you become. If you are always sad, down, depressed or upset, no one will want to be around you. You must instead infect everyone you come in contact with joy, enthusiasm, and a smile. Then they will love to be around you, and will have many opportunities to be a godly influence on their lives.

It is also critically important that you surround yourself with the right type of people, as they will have a powerful influence in your life, as well.

"A 2014 study published in the Journal of Consumer Research found that friends often bond by providing one another with moral support to resist a temptation. However, friends also commonly conspire together to enjoy

discovered that when it came to resisting temptations, sometimes friends were more likely to become partners in crime as they decided to indulge together."

(Huffington Post article published
4/14/215 by Amy Morin)

On the other hand, the right friends can enrich and even lengthen your life, according to a 2005 study conducted by an Australian University. People with good close friends lived 22% longer.

Also, a another study, published in Psychological Science, reported that strong-willed friends can increase your self control, since we turn to them for support.

So, think about the Proverb quoted above. How can good friends challenge and sharpen each other?

**PROVERBS 27:17 TELLS US,
“AS IRON SHARPENS
IRON, SO A FRIEND
SHARPENS A
FRIEND.”**

**YOU SHOULD SURROUND YOURSELF
WITH FRIENDS WHO WILL SHARPEN YOU
-- CONSTANTLY CHALLENGING YOU
TO BE A BETTER MAN.**

You should be aware that there are two levels of friendship. You should have your outer circle-- casual acquaintances-- and your inner circle--a smaller circle of friends you know very well and can trust completely.

Describe some things you should consider in choosing your inner circle of friends.

What is an **INDULGENCE** .

Look it up, explain in your own words, and use it in a sentence here:

**“THE BETTER
YOU ARE AT
SURROUNDING
YOURSELF WITH
PEOPLE OF HIGH
POTENTIAL,
THE GREATER
YOUR CHANCE FOR
SUCCESS.”**

- John Maxwell

Identify at least TWO indulgences of your own that you need to keep in check.

A vintage leather travel bag, possibly a satchel or messenger bag, is the central focus. It's made of dark brown leather with visible stitching and metal hardware. A black and white photograph is tucked into a pocket on the bag. The photo shows four men, identified as Ford, Edison, Harding, and Firestone, sitting on folding chairs in a wooded area, looking at a map. A camera is also visible in the top left corner of the bag. The background of the entire image is a rustic wooden surface. At the bottom, a pair of brown leather shoes with decorative stitching is visible. The overall theme is vintage travel and exploration.

Presidents: Ford, Edison, Harding and
ing trip. Photo published by



The Vagabonds: Ford, Edison, Harding and Firestone on a camping trip. Photo published by The New York Times, 1921


by


23



**“IF YOU BOARD
the WRONG TRAIN,
IT IS NO USE RUNNING
ALONG THE CORRIDOR IN
THE *other* DIRECTION.”**

-- *Dietrich Bonhoeffer*,
GERMAN PASTOR, THEOLOGIAN AND ANTI-NAZI DISSIDENT

In a world where facts aren't always facts, and opinions change on a daily basis, many have fallen into the trap of building their lives on the idea of "Relative Truth." Whatever works best for them at the moment, or feels right to one person versus another, becomes what is right, instead of the core values that have been  **ESTABLISHED** and taught by the Bible.

Many people argue that the ideas in the Bible are no longer  **RELEVANT** to the modern world.

Neither of these ideas is true.

If we base our values on human ideas, picking and choosing what we like, and throwing away what we don't like, we are no longer followers of Christ, but, instead, crafters of our own religion.


If we choose to follow Christ, we must take the word of God in its complete form, without chipping away at it to suit our own personal opinions.

Times have changed, yes, but God never changes. His word never changes. His commandments have not changed, and his message is the same, forever.

In the Old Testament, God's worshipers were commanded:

"OBSERVE AND OBEY ALL THESE WORDS WHICH I COMMAND YOU, THAT IT MAY GO WELL WITH YOU AND YOUR CHILDREN AFTER YOU FOREVER, WHEN YOU DO WHAT IS GOOD AND RIGHT IN THE SIGHT OF THE LORD YOUR GOD." (DEUTERONOMY 12:28 NKJV)

In the New Testament, Jesus himself made it clear that his sacrifice did not do away with God's laws.

**"DO NOT THINK THAT I HAVE COME
TO  ABOLISH THE LAW OR
THE PROPHETS; I HAVE NOT
COME TO ABOLISH THEM
BUT TO FULFILL THEM."
(MATTHEW 5:17)**

With the advantage of God's mercy and forgiveness, we are still expected to follow them, as we follow Christ, with all our hearts.

"SINCE YOU HAVE PURIFIED YOUR SOULS IN OBEYING THE TRUTH [1]THROUGH THE SPIRIT IN SINCERE LOVE OF THE BRETHREN, LOVE ONE ANOTHER FERVENTLY WITH A PURE HEART, HAVING BEEN BORN AGAIN, NOT OF CORRUPTIBLE SEED BUT INCORRUPTIBLE, THROUGH THE WORD OF GOD WHICH LIVES AND ABIDES FOREVER, BECAUSE 'ALL FLESH IS AS GRASS, AND ALL THE GLORY OF MAN AS THE FLOWER OF THE GRASS. THE GRASS

WITHERS, AND ITS FLOWER FALLS AWAY, BUT
THE WORD OF THE LORD ENDURES FOREVER.' NOW
THIS IS THE WORD WHICH BY THE GOSPEL WAS
PREACHED TO YOU."
(1 PETER 1:22-25 NKJV)



CHALLENGE:

Look up the following words, write the definitions in your own terms, and then use them in a sentence:

FINALLY, use them all in conversation TODAY!

ESTABLISHED

RELEVANT

 **ABOLISH**

 **STUDY:**

Think about the quote on the left page by Dietrich Bonhoeffer. Bonhoeffer was a strong follower of Christ who defied the German Nazi's and was ultimately executed by them as the regime collapsed.

He was an outspoken opponent of Hitler's persecution of the Jewish people, but he was also passionate about standing for right and resisting evil on every level—even in our personal challenges with faith and sin. One of his most widely-read books is "The Cost of Discipleship," a powerful commentary on why must whole-heartedly follow Christ with everything that we are.

What do you think he was talking about when he said, "If you board the wrong train, it is no use running along the corridor (that's the hallway or walkway between the seats) in the other direction." What does this have to do with our choices, and what we stand for and fight for?



CHRISTIAN BIBLICAL WORLD VIEW	LIE: ATHEIST, HUMANIST WORLD VIEW	SCRIPTURAL FOUNDATION
GOD: Supreme King of the Universe. Creator	GOD: Does not exist. Man is supreme king.	<p>“And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him.” (Hebrews 11:6)</p> <p>“Only fools say in their hearts, ‘There is no God.’” (Psalm 14:1)</p>
MAN: Originally created in God’s image. Fallen, sinful, and in need of a Savior.	MAN: Basically good. Infinitely capable of ruling life.	<p>“For everyone has sinned; we all fall short of God’s glorious standard.” (Romans 3:23)</p> <p>“There is a path before each person that seems right, but it ends in death.” (Proverbs 14:12)</p> <p>“The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is?” (Jeremiah 17:9)</p>
GOOD & EVIL: God’s word and commands are the standard of right and wrong.	GOOD & EVIL: Subjective, based on what I believe. What is wrong for you might not be wrong for me.	<p>“But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.” (Matthew 4:4)</p>

CHRISTIAN BIBLICAL WORLD VIEW	LIE: ATHEIST, HUMANIST WORLD VIEW	SCRIPTURAL FOUNDATION
JESUS: God in flesh. Savior of the world. Only way to heaven. Died on a cross and rose again, lives eternally as savior, advocate, and final judge.	JESUS: A good man or a prophet that lived and died. Some teachings mildly helpful, others ridiculous.	<p>“For in Christ lives all the fullness of God in a human body.” (Colossians 2:9)</p> <p>“Whoever has the Son has life; whoever does not have God’s Son does not have life.” (1 John 5:12)</p> <p>“And anyone who believes in God’s Son has eternal life. Anyone who doesn’t obey the Son will never experience eternal life but remains under God’s angry judgment.” (John 3:36)</p>
BIBLE: God’s living, breathing, infallible word. Instruction to man for living. Pattern for all wise and good. Love letter from God.	BIBLE: Ancient and mythical storybook written by men. Backward, ignorant, and outdated.	<p>“16 All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. Hebrews 4:12 For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires.” (2 Timothy 3:16, NLT)</p>
LIFE: Sacred and given by God. Begins at conception. Exists eternally after death in Heaven or Hell.	LIFE: Random chance, begins at birth. Only valuable as it produces value. Consciousness ends at death. No after-life.	<p>“I will praise You, for [a]I am fearfully and wonderfully made; Marvelous are Your works, And that my soul knows very well.” (Psalm 139:14)</p>



CHRISTIAN BIBLICAL WORLD VIEW	LIE: ATHIEST, HUMANIST WORLD VIEW	SCRIPTURAL FOUNDATION
DEATH: Appointed by God to every person to end their time on Earth and the beginning of their eternal life.	DEATH: The end of all things, including consciousness.	<p>“And just as each person is destined to die once and after that comes judgment.” (Hebrews 9:27)</p> <p>“Then the King will turn to those on the left and say, ‘Away with you, you cursed ones, into the eternal fire prepared for the devil and his demons.’” (Matthew 25:41)</p>
MAN’S PURPOSE: To know God and to have a relationship with God. To join God in his dominion of the Earth and fulfillment of the Great Commission.	MAN’S PURPOSE: To survive, thrive, experience pleasure, and be productive.	<p>It hath been told thee, O man, what is good, And what the LORD doth require of thee: Only to do justly, and to love mercy, and to walk humbly with thy God. (Micah 6:8)</p> <p>“I knew you before I formed you in your mother’s womb. Before you were born I set you apart and appointed you as my prophet to the nations.” (Jeremiah 1:5)</p>
SIN: The fallen nature of all men, the rebellion of mankind. Breaking God’s laws and ways.	SIN: No such thing.	“For all have sinned and fall short of the glory of God.” (Romans 3:23)
EVIL: The enemy of God, the devil and his nature. Rebellion against God and his commands.	EVIL: Subjective. Based on each person’s preference. What is evil to you might not be evil to me. No judge.	“There is a way which seems right to a man, But its end is the way of death.” (Proverbs 14:12)
HEAVEN: Location of God’s throne and angels abode. Place of eternal reward for all who trust in Jesus as Lord and Savior.	HEAVEN: Fictitious and imaginary place.	<p>“And I saw the holy city, the new Jerusalem, coming down out of Heaven from God and made ready like a bride attired to meet her husband.” (Revelations 21:2)</p> <p>“In my Father’s house are many mansions: if it were not so, I would have told you. I go to prepare a place for you.” (John 14:2)</p>

CHRISTIAN BIBLICAL WORLD VIEW	LIE: ATHIEST, HUMANIST WORLD VIEW	SCRIPTURAL FOUNDATION
HELL: Place of eternal burning and suffering created for the devil and his angels and reserved also for those who reject Christ.	HELL: Fictitious and imaginary place.	“Then he will say to those on his left, ‘Depart from me, you who are cursed, into the eternal fire prepared for the devil and his angels.’ (Matthew 25:41)
MARRIAGE: Instituted by God as good, sacred, and Holy. Image of God’s relationship to mankind. Between one man and one woman only. To populate the earth. A permanent and loyal covenant to last a lifetime.	MARRIAGE: Can be between man and woman, man and man, woman and woman, man and animals. Can be ended anytime and has no real binding contract.	“...and said, ‘For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh’” (Matthew 19:5)
SEX: Made for a married man and woman only as a celebration of their love and covenant marriage. To populate the Earth with Godly children.	SEX: A way of acting out lust (physical desires) and can be with anyone or anything. For the benefit of self.	“Give honor to marriage, and remain faithful to one another in marriage. God will surely judge people who are immoral and those who commit adultery.” (Hebrews 13:4)
HOMOSEXUALITY/BISEXUALITY/PAN-SEXUALITY: A sexual choice that is a perversion to the natural order and an abomination to God. Those who practice this will not go to heaven unless they repent and ask for forgiveness.	HOMOSEXUALITY/BISEXUALITY/PAN-SEXUALITY: A natural state that some people are born into. To be accepted and embraced by all.	“Don’t you realize that those who do wrong will not inherit the Kingdom of God? Don’t fool yourselves. Those who indulge in sexual sin, or who worship idols, or commit adultery, or are male prostitutes, or practice homosexuality, 10 or are thieves, or greedy people, or drunkards, or are abusive, or cheat people—none of these will inherit the Kingdom of God.” (1 Corinthians 6:9, 10)
ABORTION: Murder, the stopping of a heartbeat and an ending of an innocent life in it’s mother’s womb.	ABORTION: The right of any person to decide. Nothing more than removing a blob of tissue. Purely subjective and based on situation.	“I knew you before I formed you in your mother’s womb. Before you were born I set you apart and appointed you as my prophet to the nations.” (Jeremiah 1:5)

TRUTH

Jesus - THE TRUE LEADER

ATTRIBUTES OF A TRUE CHRISTLIKE LEADER:

COMPASSION

EPHESIANS 4:32 "BE KIND AND COMPASSIONATE TO ONE ANOTHER, FORGIVING EACH OTHER, JUST AS IN CHRIST GOD FORGAVE YOU.."

LOYALTY: KEEPING GOD FIRST

MATTHEW 16:24-25 "THEN JESUS SAID TO HIS DISCIPLES, 'WHOEVER WANTS TO BE MY DISCIPLE MUST DENY THEMSELVES AND TAKE UP THEIR CROSS AND FOLLOW ME. FOR WHOEVER WANTS TO SAVE THEIR LIFE WILL LOSE IT, BUT WHOEVER LOSES THEIR LIFE FOR ME WILL FIND IT."

KNOWING & EXEMPLIFYING GOD'S WORD

JOHN 14:15 "IF YOU LOVE ME, KEEP MY COMMANDMENTS."

1 TIMOTHY 4:2 "PREACH THE WORD; BE PREPARED IN SEASON AND OUT OF SEASON; CORRECT, REBUKE AND ENCOURAGE—WITH GREAT PATIENCE AND CAREFUL INSTRUCTION."

HONESTY & SINCERITY

PROVERBS 11:1-3 "THE LORD DETESTS DISHONEST SCALES, BUT ACCURATE WEIGHTS FIND FAVOR WITH HIM. WHEN PRIDE COMES, THEN COMES DISGRACE, BUT WITH HUMILITY COMES WISDOM. THE INTEGRITY OF THE UPRIGHT GUIDES THEM, BUT THE UNFAITHFUL ARE DESTROYED BY THEIR **~DUPLICITY.**

PLACING OTHERS BEFORE SELF

ROMANS 12:10 "BE DEVOTED TO ONE ANOTHER IN LOVE. HONOR ONE ANOTHER ABOVE YOURSELVES."

PERSEVERANCE & HONOR

2 CORINTHIANS 6:3-8 "WE PUT NO STUMBLING BLOCK IN ANYONE'S PATH, SO THAT OUR MINISTRY WILL NOT BE DISCREDITED. RATHER, AS SERVANTS OF GOD WE COMMEND OURSELVES IN EVERY WAY: IN GREAT ENDURANCE; IN TROUBLES, HARDSHIPS AND DISTRESSES...IN HARD WORK, SLEEPLESS NIGHTS AND HUNGER; IN PURITY, UNDERSTANDING, PATIENCE AND KINDNESS; IN THE HOLY SPIRIT AND IN SINCERE LOVE; IN TRUTHFUL SPEECH AND IN THE POWER OF GOD; WITH WEAPONS OF RIGHTEOUSNESS IN THE RIGHT HAND AND IN THE LEFT..."

LOVE FIRST

MARK 12:28-31 "ONE OF THE TEACHERS OF THE LAW CAME AND HEARD THEM DEBATING. NOTICING THAT JESUS HAD GIVEN THEM A GOOD ANSWER, HE ASKED HIM, 'OF ALL THE COMMANDMENTS, WHICH IS THE MOST IMPORTANT?'"

"THE MOST IMPORTANT ONE," ANSWERED JESUS, "IS THIS: 'HEAR, O ISRAEL: THE LORD OUR GOD, THE LORD IS ONE."

LOVE THE LORD YOUR GOD WITH ALL YOUR HEART AND WITH ALL YOUR SOUL AND WITH ALL YOUR MIND AND WITH ALL YOUR STRENGTH.' THE SECOND IS THIS: 'LOVE YOUR NEIGHBOR AS YOURSELF.' THERE IS NO COMMANDMENT GREATER THAN THESE."~

As a MAN OF HONOR, you must carefully study the words and life of Christ so that you can be a strong example of him. His character, his leadership style, his values—all of these should be reflected in every aspect of your life.

Take charge of your spiritual growth by committing to a specific time every day for Bible study and personal devotion time. Journal about what you read and really, deeply study it. This is the kind of spiritual strength that divides the boys from the men.

"TO BECOME CHRIST-LIKE IS THE ONLY THING IN THE WHOLE WORLD WORTH CARING FOR, THE THING BEFORE WHICH EVERY AMBITION OF MAN IS FOLLY AND ALL LOWER ACHIEVEMENT VAIN."

- Henry Drummond,
SCOTTISH EVANGELIST, BIOLOGIST, WRITER

~AMBITION. Noun. An earnest desire for some type of achievement or distinction, as power, honor, fame or wealth and the willingness to strive for its attainment.

~FOLLY. Noun. The state or quality of being foolish; lack of understanding or sense.

~DUPLICITY. Look up this word and write its meaning. Then use it in a sentence. Finally, explain WHY you must never allow duplicity to make its way into your actions, words or character.

Describe your devotional and study strategy.

When and how will you study God's word?

What other study resources have you found to help you better understand the Bible? (Your leader or pastor can help you with this)

What kinds of changes do you expect to see in yourself in six months, if you stick to your spiritual growth strategy?

"WE ARE WHAT WE REPEATEDLY DO. EXCELLENCE, THEN, IS NOT AN ACT, BUT A HABIT."

-- Aristotle, ANCIENT PHILOSOPHER