

Man Appraisal

*How intentional have you been during the past 120 days?
Check all that apply.*

As a Son...

I have honored my father and mother by:

- ☐ Showing them appropriate respect
- ☐ Expressing gratitude for their investment in me
- ☐ Taking initiative to support myself financially
- ☐ Fostering spiritual disciplines in my life
- ☐ Establishing my own home/family

As a Husband...

I have loved my wife "as Christ loved the church" by:

- ☐ Having a "date night" twice or more per month to focus on her needs and connect relationally
- ☐ Writing a note, giving flowers, or initiating some other tangible expression of my love at least twice per month
- ☐ Calling during the day, sitting down to chat, taking walks together, or creating some other non-task driven communication routine at least three times per week
- ☐ Praying with my wife (other than saying grace over a meal) at least twice per week
- ☐ Demonstrating meaningful touch (hugs, kisses, caressing) and/or verbal affirmation (words of appreciation, admiration, affection) at least once per day

I have taken steps to protect my marriage by:

- ☐ Establishing or maintaining boundaries and accountability in vulnerable areas such as sexual temptation, a bad temper, office relationships, time away from home, demeaning language, substance abuse, etc.
- ☐ Making a consistent effort to take care of myself physically and emotionally to be the best lifelong partner I can be
- ☐ Apologizing and/or forgiving before going to bed after a conflict

As a Father...

I have invested in my children's faith by:

- ☐ Doing something special with each child (hobby, ice cream date, movie night, etc.) at least twice per month
- ☐ Connecting relationally with my children (texting, chatting, helping with homework, eating dinner together at the table, etc.) at least once per day
- ☐ Creating or capturing an occasion within the home for passing my beliefs and values to my children (family time activity, mealtime conversation, bedtime reading, etc.) at least once per week
- ☐ Praying with my children (including meals, bedtime, etc.) at least five times per week
- ☐ Apologizing and/or forgiving before going to bed after a conflict

As a Grandfather...

I have influenced the next generation's faith by:

- ☐ Doing something to foster a relational connection with my grandchildren (note, hobby, ice cream date, phone chat, etc.) at least once per month
- ☐ Doing something intentional to directly (with grandchildren) or indirectly (assisting the parents) help my grandchildren inherit a strong spiritual legacy at least once in the past 120 days

As a Single Man...

I am called to the single life:

- ☐ I have pledged to remain single throughout my life to give more time, resources, and attention to Christian ministry and willingly sacrifice sexual intimacy to do so.

I hope to marry:

- ☐ Pray about/for my future wife
- ☐ Have kept myself sexually pure knowing my body is God's gift to my future wife or I have repented of past sexual sin and committed to remain abstinent until married
- ☐ Have taken proactive steps toward finding a Godly mate
- ☐ Practice spiritual and physical disciplines to help me become the best gift possible to the woman I marry
- ☐ Have attended pre-engagement or pre-marital counseling or other sessions to learn the Christian view of marriage so I can submit to its demands and expectations

YOUR MAN PLAN

Identify a few steps you will take over the coming 120 days to pursue your calling as a man.

As a Son...

Suggestion: Send a note of thanks to your parents.

As a Husband...

Suggestion: Send one love note per week to your wife.

As a Father...

Suggestion: Start a weekly family time routine.

As a Grandfather...

Suggestion: Text, email, or write a note of encouragement to each grandchild about his/her spiritual journey.

As a Single Man...

Suggestion: Intentionally seek God's daily guidance and growth opportunities as He reveals His purpose for your life.

For additional ideas on becoming intentional at home, stop by the FAITH@ Home Resource Center.

THE MAN PLAN

Pursuing Your Heroic Call



Tools For Men

Read through the applicable categories and mark the areas where you are intentional on a regular basis.

Use the back section to set goals for the next 120 days.