

May 4th, 2022
Culture Church - Men's Bible Study
By Alex Rodriguez

It is Written...

Men's Retreat Overview and Cliff Notes Summary:

- A. **"There's Something"**: The first part of the Men's Retreat entitled "Breaking Chains" dealt with recognizing that a stronghold / obstacle to growing as a Man of God is that certain circumstances and/or experiences can create a root/main problem in our lives. This injury/insult or event can then lead to a reaction that creates triggers for anger, lust, relationship problems and more. Going through self analysis, introspection, prayer and listening to the LORD can reveal these root injuries.
- B. **"Surrender"**: once we have identified the root cause and the problems that stem from that issue, we can use prayer, reading the Word, fellowship, worship and trusting God to work through our injuries, hurts and obstacles. A disciplined and scheduled approach is key in that this process required an intentional approach of personal reflection, prayer and spending time with the LORD.
- C. **"It's Time"**: we need to recognize that this recovery, healing and improvement requires action today. A consistent approach to improve ourselves through meditation in the Word can lead to healing and a desire to engaging ourselves through service and spreading the message of the Gospel to others. By exposing ourselves as messengers of Jesus's work of Salvation, we are able to reflect on the core principles that we ourselves need to grow in Christ. This also allows us to be a blessing to our families, friends and even strangers as we encounter divine appoints.

Discuss the impact that the Retreat had on you.

Did you discover your stronghold?

If not, what do you plan to do to discover it/them?

How are you planning to receive healing on those things that God revealed to you?

What NOW:

Matthew 4:4-6

⁴ Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'^[a]"

When satan tempted the LORD, Jesus responded with scripture from the Old Testament. Jesus Himself quoted Holy Scripture to refute the assertions of the devil. YOU can use the Words of Jesus to gain strength, conviction, grace, power and direction to improve and magnify your walk with Jesus.

Understand that you need a "Plan of Action" to implement the core messages of "Breaking Chains".

Growing as a man of God is NOT a passive process.

It requires an active, directed and intentional plan to grow, heal and discover His plan for your life.

Finding the time:

Are you giving God your left-overs?

Be consistent. Be the same time.

There is a spiritual reward so spend the necessary time.

- A. Write down what you feel are your main obstacles to being the best version of God's plan for you.
- B. Write down 3 things that you must START doing. For example, trusting God, a scheduled time for reading, meeting with a brother for fellowship
- C. Write down 3 things that you must STOP doing. Stop doubting, stop negative thinking, stop doing whatever entices you to fall into temptation.
- D. 30 Day - Daily Devotion Challenge. PICK ONE (even better do one each month for the next 3 months)
 - **God's Promises: Use the book given out at the retreat.**
 - Each day for the next 30 days, read one promise.
 - Pray and meditate on what the promise means to you.
 - Write for 10 minutes on:
 - Has this promise been evident in your life.
 - Do you know someone that needs this promise in their life: pray for them.
 - Is your stronghold keeping you from receiving this promise?
 - **God's Word:**
 - Go to this web site:
 - <https://www.biblestudytools.com/topical-verses/jesus-quotes/>
 - Read the Words of Christ:
 - Meditate on this Word and ask the Holy Spirit to reveal the truth(s) in this verse.
 - Write for 10 minutes on what this verse means to you.
 - What experiences have you had that reveal the truth in this Word.
 - Is your stronghold keeping you from receiving the truth in this Word
 - Bring your journal to men's bible study and discuss according to your comfort level. Someone else might need to hear what you wrote.
 - **Armor of God –**
 - Study Ephesians 6:10-18
 - What are the 7 elements of the Armor of God
 - How does each part of the armor help you in your personal journey to grow as a man of God.
 - Which parts of the armor are blocked by your stronghold
 - For example, does lack of trust limit your Faith (shield)
 - Does lack of bible study limit your use of the Word (sword)
 - What are ways that you can engage your walk with God and employ His Armor