



Men,

Congratulations on joining the Grace 2020 Men's retreat/event – The Heart of a Warrior. Over these next two weeks you and your team will be completing daily activities that cover growth in spiritual, physical, and emotional areas in life.

This event is designed in such a way that you'll be able to accomplish 99% of the activities from home. With the completion of your daily assignment, you'll then log your progress on the Warrior Hub page www.DiscoverGrace.church/warrior. Use this page for all event scheduling, material access, and daily check-ins. Activities will be tallied for each man and points allotted to your team. Scouts honor, so no cheating here. We're men of honor and trusting you to truthfully relay your progress.

Schedule

As stated, every day there are activities for you to accomplish - outlined in this packet. Expect the time commitment to be around 1hr a day.

You'll be hearing from your team leader regarding group communication for motivation and encouragement. That will be up to you as a team.

Dates to keep in mind

Main session #1: May 16th at 7pm. Via Zoom, we will be hearing from a special guest speaker. Your attendance at this will go towards your teams overall score.

Closing Ceremony #2: May 23rd at 7pm. We will gather in Wimberley, TX at Freedom14 Camp (10703 Ranch Rd 12, Wimberley, TX 78676) for our closing ceremony, award presentation, and share what God did in our hearts during this journey.



Daily Activities Explained

Spiritual Development:

Each man will be going through the study, “7 Challenges Men Encounter” by Vince Miller. With 7 sessions there will be plenty of time to break out watching the videos and documenting your thoughts on alternating days. The workbook is in this packet. The link to access the study online is on our Warrior Hub. If you don’t already have access to RightNow Media a free account can easily be created using the link on the same page.

Physical Development:

We have crafted two exercise tracks for guys depending on your current physical abilities. Doesn’t matter which one your pick...just get moving. The daily workout is in this packet.

Mental Development:

Three times a day (morning, afternoon, evening) you will set time aside to calm your heart and mind and refocus on Jesus. The instrument to do this is facilitated through an app called *The One Minute Pause*. You’ll be surprised how effective this little tool/practice actually is. The free app is available for both Apple and Android phone. It will be linked on the Warrior Hub page.

Scoring Points

The points breakdown is as follows: (Log your activity every day)

Standard Activities	Points
7 Challenges study	5
Workout program	5
One Minute Pause App (three times a day)	5
Extra Activities	
Memorize a verse and recite to someone on your team	6
Tune in to one of Grace’s Sunday services	4
Take your baby momma to the Mother’s Day drive-thru	3
Fast for 24 hours (all food)	8
30min prayer-walk through your neighborhood	7
Add an additional run/walk of 2 miles to your workout	5
From the 7 Challenges study, take a tangible action step in-line with one of the principles	8
Attend the main session (via Zoom) on the 16 th	5
Attend the closing ceremony on the 23 rd	7

The Workout Plan

This plan is organized into two options, King David workouts (for those ready to slay the giant) and King Solomon workouts (for those with some wisdom who know their limitations).

King David (I'm ready to slay the giant)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Wide push up 25-30 reps 3 sets	Lunges 20 each leg Rest 30 seconds 3 sets	Wide push up 25-30 reps 3 sets	Lunges 20 each leg Rest 30 seconds 3 sets	Wide push up 25-30 reps 3 sets	Lunges 20 each leg Rest 30 seconds 3 sets	Rest
Spiderman- pushup knee to side 20 reps Rest 60 seconds 3 sets	Combo squats into squat jumps 20 squats then 20 squat jumps Rest 60 seconds 3 sets	Spiderman- pushup knee to side 20 reps Rest 60 seconds 3 sets	Combo squats into squat jumps 20 squats then 20 squat jumps Rest 60 seconds 3 sets	Spiderman- pushup knee to side 20 reps Rest 60 seconds 3 sets	Combo squats into squat jumps 20 squats then 20 squat jumps Rest 60 seconds 3 sets	
Diamond pushup 12-25 reps Rest 60 seconds 3 sets	Single leg bridge 20 each leg Rest 60 seconds 3 sets	Diamond pushup 12-25 reps Rest 60 seconds 3 sets	Single leg bridge 20 each leg Rest 60 seconds 3 sets	Diamond pushup 12-25 reps Rest 60 seconds 3 sets	Single leg bridge 20 each leg Rest 60 seconds 3 sets	
Incline push up 15-25 reps Rest 60 seconds 3 sets		Incline push up 15-25 reps Rest 60 seconds 3 sets		Incline push up 15-25 reps Rest 60 seconds 3 sets		
Dips 30 reps Rest 60 seconds 3 sets		Dips 30 reps Rest 60 seconds 3 sets		Dips 30 reps Rest 60 seconds 3 sets		

King David (I'm ready to slay the giant)

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Wide push up 25-30 reps 3 sets Spiderman- pushup knee to side 20 reps Rest 60 seconds 3 sets Diamond pushup 12-25 reps Rest 60 seconds 3 sets Incline push up 15-25 reps Rest 60 seconds 3 sets Dips 30 reps Rest 60 seconds 3 sets	Lunges 20 each leg Rest 30 seconds 3 sets Combo squats into squat jumps 20 squats then 20 squat jumps Rest 60 seconds 3 sets Single leg bridge 20 each leg Rest 60 seconds 3 sets	Wide push up 25-30 reps 3 sets Spiderman- pushup knee to side 20 reps Rest 60 seconds 3 sets Diamond pushup 12-25 reps Rest 60 seconds 3 sets Incline push up 15-25 reps Rest 60 seconds 3 sets Dips 30 reps Rest 60 seconds 3 sets	Lunges 20 each leg Rest 30 seconds 3 sets Combo squats into squat jumps 20 squats then 20 squat jumps Rest 60 seconds 3 sets Single leg bridge 20 each leg Rest 60 seconds 3 sets	Wide push up 25-30 reps 3 sets Spiderman- pushup knee to side 20 reps Rest 60 seconds 3 sets Diamond pushup 12-25 reps Rest 60 seconds 3 sets Incline push up 15-25 reps Rest 60 seconds 3 sets Dips 30 reps Rest 60 seconds 3 sets	Lunges 20 each leg Rest 30 seconds 3 sets Combo squats into squat jumps 20 squats then 20 squat jumps Rest 60 seconds 3 sets Single leg bridge 20 each leg Rest 60 seconds 3 sets	Rest

King Solomon (I've got some wisdom and know my limitations)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Wide push up 10 reps Rest 60 seconds 3 sets	Lunges 10 each leg Rest 30 seconds 3 sets	Wide push up 10 reps Rest 60 seconds 3 sets	Lunges 10 each leg Rest 30 seconds 3 sets	Wide push up 10 reps Rest 60 seconds 3 sets	Lunges 10 each leg Rest 30 seconds 3 sets	Rest
Spiderman- pushup knee to side 6-10 reps Rest 60 seconds 3 sets	Combo squats into squat jumps 10 squats then 10 squat jumps/or onto toes Rest 60 seconds 3 sets	Spiderman- pushup knee to side 6-10 reps Rest 60 seconds 3 sets	Combo squats into squat jumps 10 squats then 10 squat jumps/or onto toes Rest 60 seconds 3 sets	Spiderman- pushup knee to side 6-10 reps Rest 60 seconds 3 sets	Combo squats into squat jumps 10 squats then 10 squat jumps/or onto toes Rest 60 seconds 3 sets	
Diamond pushup 5-10 reps Rest 60 seconds 3 sets	Single leg bridge 10 each leg Rest 60 seconds 3 sets	Diamond pushup 5-10 reps Rest 60 seconds 3 sets	Single leg bridge 10 each leg Rest 60 seconds 3 sets	Diamond pushup 5-10 reps Rest 60 seconds 3 sets	Single leg bridge 10 each leg Rest 60 seconds 3 sets	
Incline pushup 10 reps Rest 60 seconds 3 sets	Incline pushup 10 reps Rest 60 seconds 3 sets	Incline pushup 10 reps Rest 60 seconds 3 sets	Incline pushup 10 reps Rest 60 seconds 3 sets	Incline pushup 10 reps Rest 60 seconds 3 sets	Incline pushup 10 reps Rest 60 seconds 3 sets	
Dips 10 reps Rest 60 seconds 3 sets		Dips 10 reps Rest 60 seconds 3 sets		Dips 10 reps Rest 60 seconds 3 sets		

King Solomon (I've got some wisdom and know my limitations)

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Wide push up 10 reps Rest 60 seconds 3 sets	Lunges 10 each leg Rest 30 seconds 3 sets	Wide push up 10 reps Rest 60 seconds 3 sets	Lunges 10 each leg Rest 30 seconds 3 sets	Wide push up 10 reps Rest 60 seconds 3 sets	Lunges 10 each leg Rest 30 seconds 3 sets	Rest
Spiderman-pushup knee to side 6-10 reps Rest 60 seconds 3 sets	Combo squats into squat jumps 10 squats then 10 squat jumps/or onto toes Rest 60 seconds 3 sets	Spiderman-pushup knee to side 6-10 reps Rest 60 seconds 3 sets	Combo squats into squat jumps 10 squats then 10 squat jumps/or onto toes Rest 60 seconds 3 sets	Spiderman-pushup knee to side 6-10 reps Rest 60 seconds 3 sets	Combo squats into squat jumps 10 squats then 10 squat jumps/or onto toes Rest 60 seconds 3 sets	
Diamond pushup 5-10 reps Rest 60 seconds 3 sets	Single leg bridge 10 each leg Rest 60 seconds 3 sets	Diamond pushup 5-10 reps Rest 60 seconds 3 sets	Single leg bridge 10 each leg Rest 60 seconds 3 sets	Diamond pushup 5-10 reps Rest 60 seconds 3 sets	Single leg bridge 10 each leg Rest 60 seconds 3 sets	
Incline pushup 10 reps Rest 60 seconds 3 sets	Incline pushup 10 reps Rest 60 seconds 3 sets	Incline pushup 10 reps Rest 60 seconds 3 sets	Incline pushup 10 reps Rest 60 seconds 3 sets	Incline pushup 10 reps Rest 60 seconds 3 sets	Incline pushup 10 reps Rest 60 seconds 3 sets	
Dips 10 reps Rest 60 seconds 3 sets		Dips 10 reps Rest 60 seconds 3 sets		Dips 10 reps Rest 60 seconds 3 sets		

7

CHALLENGES

MEN

ENCOUNTER

HANDBOOK FOR MEN



VINCE MILLER

7

**CHALLENGES
MEN
ENCOUNTER**

- 1. REJECT PASSIVITY**
- 2. ACCEPT RESPONSIBILITY**
- 3. LEAD COURAGEOUSLY**
- 4. LOVE UNCONDITIONALLY**
- 5. LIVE WITH INTEGRITY**
- 6. SERVE HUMBLLY**
- 7. INVEST ETERNALLY**



7

**CHALLENGES
MEN
ENCOUNTER**

CHALLENGE ONE: REJECTING PASSIVITY

A popular news outlet titled a recent article in response to a popular leader, "A Say Nothing Strategy That Is Confounding Everyone."

While this is one position a leader can have in defense of himself legally, it's not the best strategy for becoming a great man. It may preserve some semblance of self in the short-term, yet leave a man wanting in the future. Passivity is something every Christian man must address by speaking up and acting in the character of Christ.

A study by

Vince Miller

REFLECTION & DISCUSSION

BEGIN:

- How are you and others doing today?
- Is there an issue that needs to be discussed or addressed that is off-topic yet deserves attention?

UNPACK:

- Today's topic is passivity. Are Christian men more active or passive today? What evidence can you point to in support of your position? Give examples.
- Passivity is a psychological defense mechanism, much like rebellion or sarcasm. What do you think we are defending against when we are passive?

INFORM:

So whoever knows the right thing to do and fails to do it, for him it is sin.—James 4:17

If your brother sins against you, go and tell him his fault, between you and him alone. If he listens to you, you have gained your brother. But if he does not listen, take one or two others along with you, that every charge may be established by the evidence of two or three witnesses. If he refuses to listen to them, tell it to the church. And if he refuses to listen even to the church, let him be to you as a Gentile and a tax collector.—Matthew 18:15-17

- How are we to know the right thing to do?
- Is it possible for us to be cognitively unaware?
- How would we be made aware when unaware?

LAND:

- When we are made aware of some issue or concern, how should we respond?
- There is a delta between awareness and action that closes when men become less passive, what result would this produce in a man's life, family, and workplace?
- Is it possible to overcompensate with too much action? What are the limits?

DO:

I, like you, have had many a moment where I wished I would have done something. Took a stand for righteousness. Spoke up against injustice. Shared my beliefs. Given generously to a person in need. But because of the pause—we invite passivity. And what follows the pause? The voice self-justification. And this begets more reasoning on why we "should not act" rather than why we "should." So today reject the passive pause. Do the right thing and speak up and do something—even if the action is not entirely correct because the one correct action you'll end up taking is rejecting passivity.

7

CHALLENGES MEN ENCOUNTER

CHALLENGE TWO: ACCEPT RESPONSIBILITY

Perhaps one of the most shocking statements of all time was this one by President William Jefferson Clinton on January 26, 1998. "But I want to say one thing to the American people. I want you to listen to me. I'm going to say this again: I did not have sexual relations with that woman, Miss Lewinsky. I never told anybody to lie. Not a single time. Never. These allegations are false. And I need to go back to work for the American people." This statement was made in reference to allegations of an affair with Monica Lewinsky, a White House Intern. It was later found to be a blatant lie which snowballed into Clinton's eventual impeachment on October 8, 1998—the second impeachment in history.

A study by

Vince Miller

REFLECTION & DISCUSSION

BEGIN:

- How are you and others doing today?
- Is there an issue that needs to be discussed or addressed that is off-topic yet deserves attention?

UNPACK:

- Today's topic is accepting responsibility. Do people actively avoid accepting responsibility? Give an example. Explain why they avoided accepting responsibility they had.
- Responsibility is defined as the state of having a duty to deal with something, including the accountability for its success or failure. What about this definition makes it hard for people to accept responsibility?

INFORM:

For by your words you will be justified, and by your words you will be condemned.—Matthew 12:37

One who is faithful in a very little is also faithful in much, and one who is dishonest in a very little is also dishonest in much.—Luke 16:10

- How do our "words" justify? What must be connected for our words to have justifying power?
- How does honesty impact the giving of our word? How about blame or dishonesty?
- Have you ever thought about the economic impact or stewardship of your word?

LAND:

- How well do you currently steward your word?
- What could you do to steward the economic power of your words better?

DO:

We have all blamed other people. Actively, passively, or mentally, we've passed the buck in the game of blame. We've done this when we've missed a deadline, encountered a challenge, or met with unfair treatment. In the end, we blame, because it's our only route to the justification given the lack of responsibility we have not taken. And ultimately, who's to blame? Accept responsibility today for what you are responsible for.

7

CHALLENGES MEN ENCOUNTER

REFLECTION & DISCUSSION

BEGIN:

- How are you and others doing today?
- Is there an issue that needs to be discussed or addressed that is off-topic yet deserves attention?

UNPACK:

- Today's topic is lead courageously. Rank from 1-10 the courage you see in Christian men today. Are we more cowards (1) or courageous (10)? Rank and give evidence.
- Courage is the ability we have to meet dangers or something that scares us with the virtue of firmness. Tell a story about how you've seen this evidenced in a person's life?

INFORM:

"Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go."—Joshua 1:9

- How do you think Joshua felt when he was given the task to lead millions of people into a "promised land" and subsequently knew that it would involve military engagement when he had never engaged in war in his life along with a people who wavered in their commitment?
- How would this "command" by God to be "strong and courageous" alter his thinking and behavior?
- What role does "fear" and "dismay" in a man's ability to be courageous?

CHALLENGE THREE: LEAD COURAGEOUSLY

Winston Churchill once said, "Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen." But understanding how and when to step in and lead by standing, speaking, sitting, and listening is more challenging than it looks. Every day we are sure to face off with challenges in friendship, education, athletics, business, marriage, and families that require different approaches and actions that will challenge our courage to the core. Many we will want to back down from, but God instructs us not to back down. In fact, his words to Joshua, a young man who took the baton from one the great leaders of all time was, "Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go."

A study by

Vince Miller

LAND:

- Where in your life, do you currently lack courage? (Be courageous and share)
- How do you specifically need to hear the words "be strong and courageous" from God today?

DO:

We've all backed down due to fear. Every man has done this. Often because we have convinced ourselves that the situation that lies ahead is more real than the words God gives us. Refuse to listen to your heart today about your circumstance, about your fears, and the future outcomes. Trust only God, his word, and be courageous and act courageous one battle at a time.

7

**CHALLENGES
MEN
ENCOUNTER**

REFLECTION & DISCUSSION

CHALLENGE FOUR: LOVE UNCONDITIONALLY

It's crazy that God loves us unconditionally. It's love in spite of who we were. In scripture, it says, "God is love"-1 John 4:7. These three words are a proclamation about God's character. Love is a timeless attribute of God himself. God cannot be unloving, but this does not infer that He stops being just or truthful. The ultimate visible demonstration of God's love was his willingness to send Jesus Christ to the world. And it was in Christ's birth, life, death, and resurrection that God's unconditional love became visible-ultimately dying for a creation who despised him.

A study by

Vince Miller

BEGIN:

- How are you and others doing today?
- Is there an issue that needs to be discussed or addressed that is off-topic yet deserves attention?

UNPACK:

- Today's topic is love unconditionally. How do men typically express love?
- What is "unconditional" love?
- Does unconditional love have limits? (Spoiler alert: This is a tricky question). What conditions does Biblical unconditional love have on it?

INFORM:

"But God shows his love for us in that while we were still sinners, Christ died for us."-Romans 5:8

- God sees beyond our state and still loves us-the definition of unconditional love. How does this fact make you feel? (List some emotions that this might provoke).
- Christ "shows" his love by "dying." How is Christ action related to unconditional love?
- If everyone's current state is "sinner," which it is (Rom. 3:23)-from what mindset do we extend the same unconditional love Christ extended to us to others?

LAND:

- Who in your life, do you need to love better?
- Who in your life, do you withhold love from who needs God's love?

DO:

We have all withheld love from those who need more of it, and we have all failed to love better those who are dear to us. Extend love and express love today to others in the same way God has extended it to you-freely, graciously, and unconditionally.



7

CHALLENGES MEN ENCOUNTER

CHALLENGE FIVE: LIVE WITH INTEGRITY

Integrity is the idea that something is sound in construction. That the thing we purchased is worth the value, we paid, and it meets the demands of its use. When it does not meet the demands of use, we would say its integrity failed. But integrity also can be applied to us—people. When it comes to people, we can live with integrity or without integrity. At a basic level, this could mean that we do what we say we are going to do—and yes this is one manifestation of integrity. But on another level, there is a type of integrity which is far more critical. The way we understand this integrity is by following the Creator's intent and intended use.

A study by

Vince Miller

REFLECTION & DISCUSSION

BEGIN:

- How are you and others doing today?
- Is there an issue that needs to be discussed or addressed that is off-topic yet deserves attention?

UNPACK:

- Today's topic is integrity. What is integrity? (Consider the link between talk, action, and motive.)
- How do men emotionally respond when their integrity is questioned? List a few emotions and responses.
- Share a time when you experienced a loss for doing something right. How did you react?

INFORM:

A dishonest man spreads strife, and a whisperer separates close friends.—Proverbs 16:28

Whoever walks in integrity walks securely, but he who makes his ways crooked will be found out.—Proverbs 10:9

- The “spread of strife” is prevalent. Give examples of strife you see in the marketplace, churches, and families. Discuss the reason for this strife without generalizing, be specific.
- Integrity results in “security.” Why?
- If a crooked man is “found out” this infers that he was hiding in some way. Does a man of integrity do the same? If not, why?

LAND:

- Try to be honest—in what moments is your integrity weaker?
- What steps do you need to take to strengthen your integrity?

DO:

Take a small step of integrity this week by revealing something you have been hiding and bring it into the open. Then take another small step by addressing the issue that resulted in protecting it. If you need help, get a trusted brother to help. But stop tackling the issue alone.

7

CHALLENGES MEN ENCOUNTER

CHALLENGE SIX: SERVE HUMBLLY

I know you have heard someone say, "The ego is not your amigo." And this does not infer that your ego is of Spanish descent. It infers that our ego has the potential to be egotistical. In fact, arrogance, which is an unhealthy expression of self-interest, may be man's drug of choice. It's the assumption that the world revolves around us. But this does not mean that mastering something and being proud of what God did through us and ego-centric arrogance are the same thing—they are not. It is possible to master a trade, skill, or a process and be proud of what you did without being arrogant. It's possible. Just realize there are some things you can master, but you will never be The Master. So, master something. But then discover how to use it to serve humbly over a lifetime.

A study by

Vince Miller

REFLECTION & DISCUSSION

BEGIN:

- How are you and others doing today?
- Is there an issue that needs to be discussed or addressed that is off-topic yet deserves attention?

UNPACK:

- Today's topic is serving humbly. Attempt to define both humility and service.
- How are humility and service different from one another?
- What obstacles keep men from being humble and serving?

INFORM:

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you.—1 Peter 5:6

Even as the Son of Man came not to be served but to serve.—Matthew 20:28

- God wants men to be humble, and he wants to exalt men, but under what condition?
- Jesus was both exalted and humble; how did he demonstrate this?
- When service is done from the right motive, we serve humbly. Why do most men never discover this truth?

LAND:

- In what situations can you learn to be humbler and serve from the right motive?
- What form of selfishness keeps you from serving humbly?

DO:

It only takes one moment of selfless service to breakthrough selfishness and pride. One moment to discover the humble path Jesus walked. Step down that path today, and you might find God will exalt you.

7

CHALLENGES MEN ENCOUNTER

CHALLENGE SEVEN: INVEST ETERNALLY

There is not a man alive who is not thinking about their need for more money. What we all want is not just money, but real investments and assets that don't let us down. Ones that don't create a continual thirst for more. Assets that retain value, are never stolen, and never depreciate. Assets, unlike our cars, homes, retirements, cabins, and boats that will disappoint us and rot away. Let's call them eternal investments.

A study by

Vince Miller

REFLECTION & DISCUSSION

BEGIN:

- How are you and others doing today?
- Is there an issue that needs to be discussed or addressed that is off-topic yet deserves attention?

UNPACK:

- Today's topic is eternal investment. Why is it so tempting to purchase things that don't matter?
- Share about the most recent product you bought that cost more than the value you realized it offered.

INFORM:

Provide yourselves with moneybags that do not grow old, with a treasure in the heavens that does not fail, where no thief approaches and no moth destroys.—Jesus in Luke 12:33

- Why would Jesus use the word “moneybags?”
- Does Jesus want us to have treasure? If so, why do men live with a scarcity mentality evidenced by our lust for more?
- What do “thieves” and “moth” have to do with treasure and investment?

LAND:

- How is your spending evidence of beliefs you have about things that matter?
- How much time do you invest in things that “do not fail?”

DO:

Evaluate your investments this week. One at a time and rank them based on their eternal outputs.

