

M.O.V.E.

4 WEEK CHALLENGE



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Men Of Vision Execute

INTRODUCTION

This challenge is a call to action. Over the next 4 weeks you will be stacking wins to propel you towards becoming the best version of yourself. Throughout the challenge you will be focusing on 5 key areas. Faith, fitness and health, adding value, relationships and state of mind. Pushing yourself in these areas are extremely important to taking another step towards the man you are called to be. We all have a calling to answer, a purpose to fulfill, a mission to live for. That calling, that purpose, that mission must be developed over time. This challenge is to help you begin that journey.

Answer the call.

Begin your mission.

Fulfill your purpose.

FAITH

S.O.A.P.S. Bible Reading

As Men of God we should be reading Scripture daily. The S.O.A.P.S. format is a great way to spend intentional time in God's Word.

- S. (Scripture) Write out one or more verses that stand out to you from today's reading.
- O. (Observation) Rewrite those verses in your own words.
- A. (Application) Write down how you can apply what you pulled from the reading to your life.
- P. (Prayer) Write a prayer that tells God you will implement and obey his word. Ask the Holy Spirit to fill you and give you strength.
- S. (Share) Ask God who he wants you to share with about what you've learned and applied.

Example

- S. "But be doers of the word, and not just hearers only, deceiving yourselves." James 1:22
- O. Take action with the word of God. Do not just hear and do nothing.
- A. Hearing and studying the word of God is key but it doesn't stop there. God has called us to take action with his word and teachings. I must live out the word of God.
- P. God, continue to draw me close to you. May I have a burning desire to soak up your words and may I put those words to action. Holy Spirit, fill me and give me the strength and the wisdom to live an active life according to the word of God.
- S. Share with men in my circle.

Reading Plan

Week 1 (S.O.A.P.)

- Day 1, James 1
- Day 2, James 2
- Day 3, James 3
- Day 4, James 4

Week 2 (S.O.A.P.)

- Day 1, James 5
- Day 2, Matthew 1-2
- Day 3, Matthew 3-4
- Day 4, Matthew 5-6

Week 3 (S.O.A.P.S.)

- Day 1, Matthew 7-8

- Day 2, Matthew 9-10
- Day 3, Matthew 11-12
- Day 4, Matthew 13-14
- Day 5, Matthew 15-16

Week 4 (S.O.A.P.S.)

- Day 1, Matthew 17-18
- Day 2, Matthew 19-20
- Day 3, Matthew 21-22
- Day 4, Matthew 23-25
- Day 5, Matthew 26-28

Reading Tip: As you read each chapter, highlight verses that stand out and move you. After reading the full plan for the day go back and do a SOAP or SOAPS on one of the verses you highlighted.

Sharing (S.) will not start until week 3.

FITNESS

Physical health. Diet, nutrition, sleep, exercise, etc ...

“It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable.” Socrates

Training Routine

Follow a 4 week program of your choosing or follow the one provided.

Training Tips: Consistency is key. Trust the program.

RELATIONSHIPS

Intentional Relationship Building

In order to build meaningful and powerful relationships you have to be intentional. The best relationship to start with is your marriage.

Date Your Wife

Week 1 - Date Night (Example: Dinner and a movie)

Week 2 - Time at home. (Example: Puzzle and wine)

Week 3 - Date Night (Example: Lunch break date)

Week 4 - Time at home. (Example: Evening walk)

Tip: Be fully present when spending time with your wife. Put the phone away, sit with you back towards the tv at the restaurant. Get to know her. Ask her questions about her vision.

MINDSET

In order to show up as the man you are called to be you have to get yourself right mentally. If you are unable to take care of yourself you will not be able to serve others at your full potential.

This all starts with creating a vision. Download and follow the Execution Strategy Guide for this section.

“Someone once told me the definition of Hell: The last day you have on earth, the person you became will meet the person you could have become.” — Anonymous

90 Day Plan

- Week 1: Vision
- Week 2: Goals
- Week 3: Tasks
- Week 4: Checkpoints

Training Tip: Spend at least 1 hour each week working on your 90 day plan. Work it into your morning or evening routine. This 4 week challenge is to jump start you into the real life style change of a recurring 90 day plan.

SERVE

ADD VALUE

In the world today it is easy to consume more than you contribute. As men we need to do the opposite. We need to contribute more than we consume. We should strive to add value to our family, friends, community, workplace, ect. ...

Get Your Household in Order

Identify a task to do each week that will strengthen your home

- Week 1: Complete Task 1 (Example, Power wash your house.)
- Week 2: Complete Task 2 (Example, Clean out the attic.)
- Week 3: Complete Task 3 (Example, Clean out the garage.)
- Week 4: Complete Task 4 (Example, Create a weekly chore list and complete it.)

Tip: Ask your wife what she would like for you to put on this list. This is about getting you and your family in a better position to support one another and to be in a better position to serve others outside of your home.