

What is the **Measure of a Man?**



Old **M**an **R**iver

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Thanks to *Gene A. Getz* for writing his book . . .
"The Measure of a Man".

From *Gene* and his book, we have the following summary and our 21 week challenge.

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Introduction

To succeed in life, we need help to see our blind spots and our stumbling blocks. Once understood, actions can then take place.



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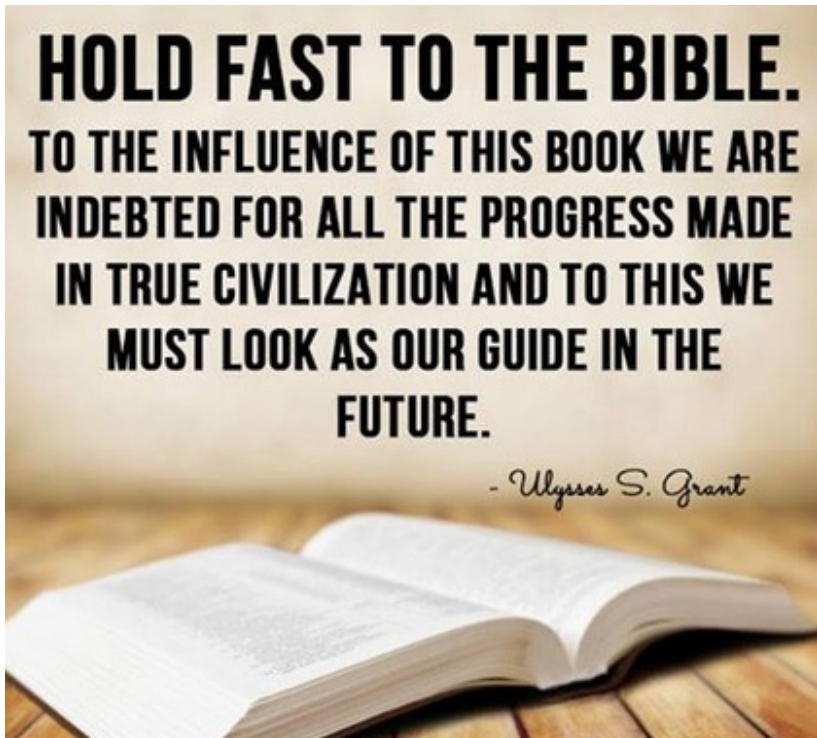
Week 1 Challenge: Become a Faithful Man

We first have to clarify that everything you will read over all the pages that follow - are applicable to men and women. But . . . I do believe we have so many more men that are struggling that I will use my words and examples as a focus on us men (thanks Gals).

So then, how do we become faithful? Gene encourages us to build a strong foundation.

How best to do so? Grant's words as shown to the right are a great start but I would then add the following:

First, you must Jesus Christ as your Savior (you accept Him as the Son of God). Second, you must find a way to read and to learn from the Bible (and if at all possible, pursue reading it multiple times as your remaining years unfold). Third, you must change your ways (or as Apostle Paul would encourage you, 'to fight the good fight'). And once we understand that we are accountable to God - we can live as we learn from Philippians 3:13-14



"But one thing I do: forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus."

The above then leads us to our Week 1 Challenge and three questions for you to answer. #1, are you a person of faith ?



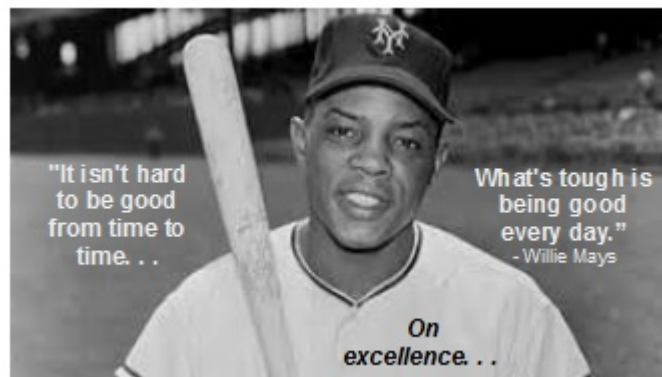
#2, would your loved ones and friends be able to say that they see you as being active in your faith ?

#3, if you are not as active in your faith as you would like to be, what can you begin to do to change that ?

Week 2 Challenge: Build a Good Reputation

We all have hear the words about pursuing excellence but do you know the foundation that builds upon ? It is our reputation and what is fortunate for most of us - our early in life mistakes can be learned from and overcome.

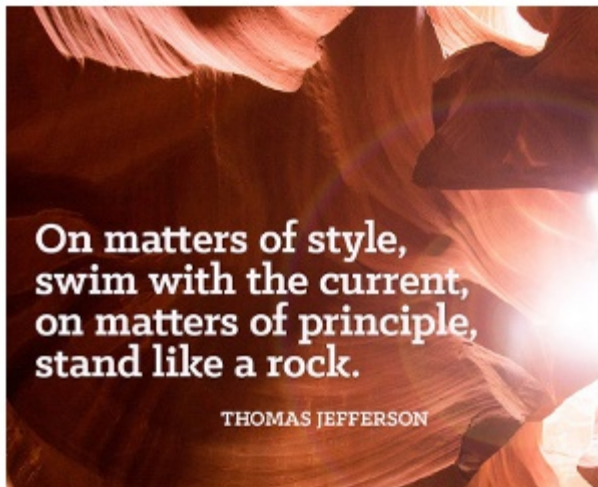
A mature man is above reproach. As we ponder this, there are these questions that we can ask of ourselves to determine if we are on track for the desired reputation that we are glad we have achieved (aka our **W2C**).



#1, am I appreciated ? (we don't have to ask this of others, we can see it by their words and actions). #2, am I respected ? (do others appreciate what I say ?). #3, am I desired . . . (as in do others seek me for my involvement, my help, my leadership ?).

If not, are there things to review, to change or to pursue ?

Also, if you do want to work on this and not sure of how best to do so, ask for feedback on this from family and friends.



And don't forget these words from Proverbs 22:1

"A good name is more desirable than great riches; to be esteemed is better than silver or gold."

What say you ?

As you ponder the above, also know that building your reputation takes years; ruining it though can be done in a moment.

Week 3 Challenge: Pursuing a Moral Purity

We first have to clarify that everything you will read over the pages that follow - are applicable to men and women.

But if it is okay with you, I will use this topic as a primary focus on us men (because we may tend to struggle with this more than our women counterparts do).



When we are dedicated to our wife, we embrace love and honor.

Pornography, sexual addiction can derail you and can ruin a marriage.

The advertising world believes 'Sex Sells'
and that means
that sexual images, temptations are everywhere.



Which leads us to our **W3C** (ask yourself) . . .

#1, do I love my spouse ?

#2, do I respect our vows ?

#3, would my spouse answer the same as I do ?

And as you answer

those questions, don't forget these words from 1 Peter 3:7

"Husbands honor your wives. Treat your wife with understanding as you live together. She may be weaker than you are, but she is your equal partner in God's gift of new life. Treat her as you should so your prayers will not be hindered."

Week 4 Challenge: Maintain a Balanced Life

Some would say we need to live life to the fullest - but do we ?

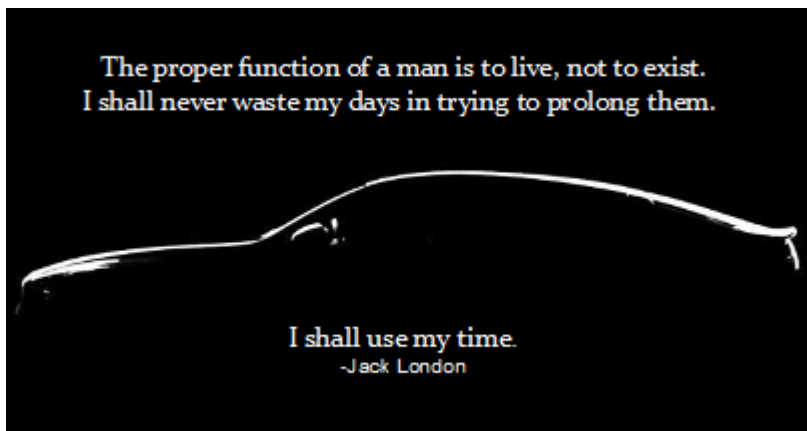
What too many men do not understand, is that maintaining a balance in life is the key to happiness and success. To do so, it starts with being **cool, calm and collected.**

I know what you are thinking . . . **what does that mean ?**

It means having:

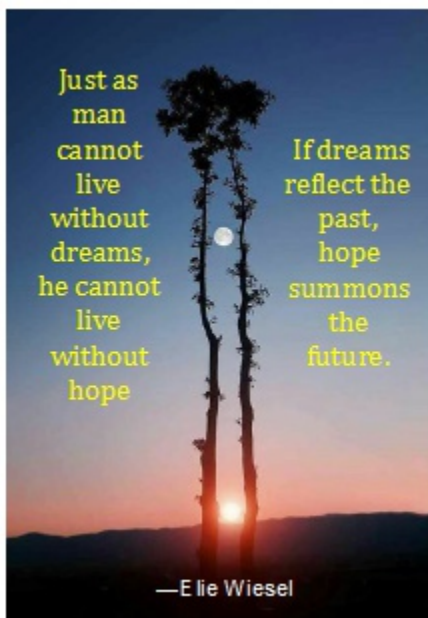
A sense of security . . .

(although there may be chaos across aspects of the world or in your life, you know that God is in control of all things);



A proper focus . . . (you are learning from your mistakes, working to pursue the critical things and know that sacrifices are required); and

A purpose . . . (you know that your faith, your family, your job, your health and the purpose that God has for you - all have to be pursued).



And know that these require you to be a man of faith, a man of hope and a man of love. For when you are, you will work to use your time well.

Which leads us to our **W4C**
(ask yourself) . . .

#1, do I trust God ?

#2, do I have the right priorities ?

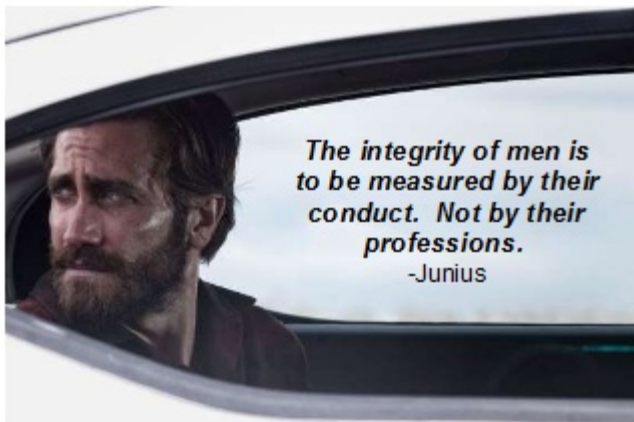
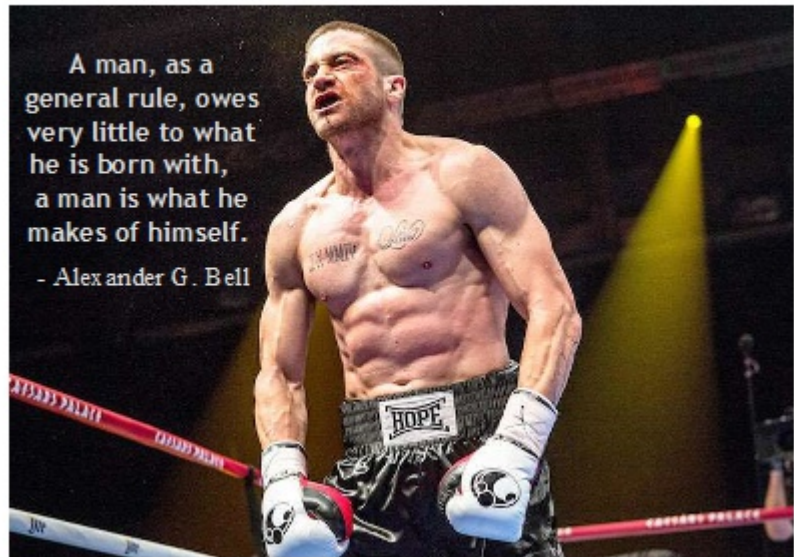
#3, do I know the purpose that God has enabled me for ?

As you ponder this, don't forget these words from Hebrews 12: 1-2

"Let us lay aside every encumbrance, and the sine which so easily entangles us, and let us run with endurance the race set before us, fixing our eyes upon Jesus, the author and perfecter of faith."

Week 5 Challenge: Be a Man of Wisdom

Which also means, don't be a smart __s (because way too many struggle with that problem). To become a man of wisdom, takes dedication (to learn) and humility (knowing that others may be able to teach me and I won't let my pride be a stumbling block).



Why? To live a life of honor, not being intimidated, and not being ashamed.

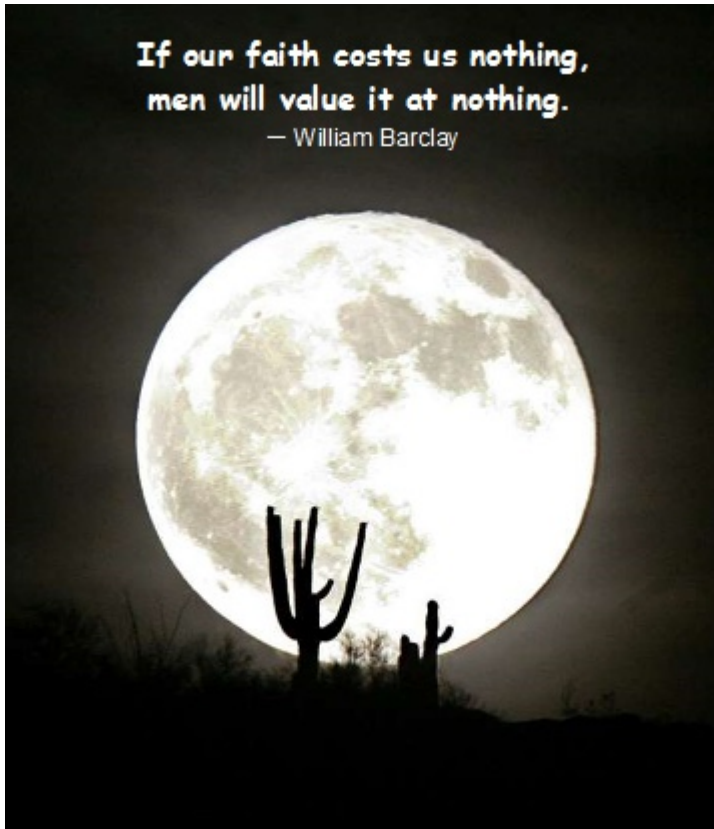
It starts with these three actions listed (make sense to you?)

Our W5C recommends that . . . **#1**, develop sound judgment. **#2**, become humble. **#3**, make the time to appreciate God's grace (blessings). To do so starts with thinking on what these three actions mean and then making decisions on pursuing them in your life.

To help, consider these words.

For the grace of God has appeared, bringing salvation to all, instructing us to deny ungodliness and worldly desires, to live sensibly, righteously and Godly in this present age. Titus 2:11,12

Week 6 Challenge: Adorn the Gospel



We Christians have a challenge that too many do not realize. By that I bring forth these questions that we should reflect upon . . .

Do we live in a way that attracts others to our faith (or turns them away) ?

Are our thoughts, words and actions a good (or bad) testimony to our faith ?

What we need to remember; if our faith has not changed us (so that others can see),

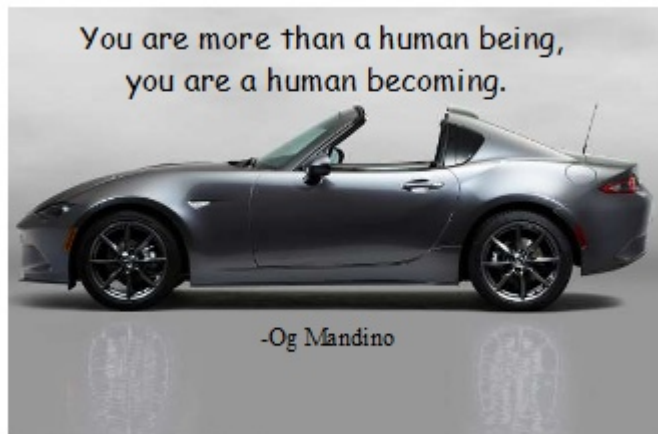
we have not really embraced our faith. For if we have, we are at work to put aside our bad ways (easy ? no) and work to pursue the good.

How best is a good question.

Our **W6C** recommends that we take a hard look at ourselves . . .

#1, what about my external actions (words and deeds) - at work, with family, friends, and strangers - are they good ?

#2, what are my motivations in my actions, my relationships ?



#3, what about the house I live in, the car I drive, the things I have, are they to make me look good or to reflect on my pursuit of faith?

All the above are good to ponder. As you do, remember Paul's words:

"I, therefore, the prisoner of the Lord, encourage you to walk in a manner worthy of the calling with which you have been called."

Ephesians 4:1

P.S. In a world where most try to fit in, be a Christian who stands out (as honorable, compassionate and humble).

Week 7 Challenge: Serve up some hospitality

Sometimes it is best to start with a simple question,
for example . . . do you see a need and help?

If you are like me, you have good intentions but probably more often than not - we don't help . . . but we wonder . . . maybe I should have. There is the challenge - to move beyond our good intentions and into ways of visible action. By that I mean, if we embrace the challenge that Gene Getz shares with us, we need to do it.

How best is a good question.

Our **W7C** recommends that we take a good look at our actions, for example . . .

#1, when we work to help others, do we do so cheerfully or do we complain ?

#2, are we discerning in our help - that we understand true need ?

#3, do we think we can do more . . . or at least we can do better ?



**You seriously
have no idea what
people are dealing with
in their personal life so
just be nice, it's that
simple.**

Now these three questions above are not to make you feel guilty but to help you to take a good look at how you view and pursue hospitality.

So, all good to ponder and while you do, also remember the **Prayer of St. Francis** (and if you can put into practice - great).

“Lord, make me an instrument of Thy peace; where there is hatred let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy.”



Side Note: these words as shown to the left are shared to help remind us that we can take nothing with us when we die . . . other than the knowledge that we tried to be good and tried to help others.

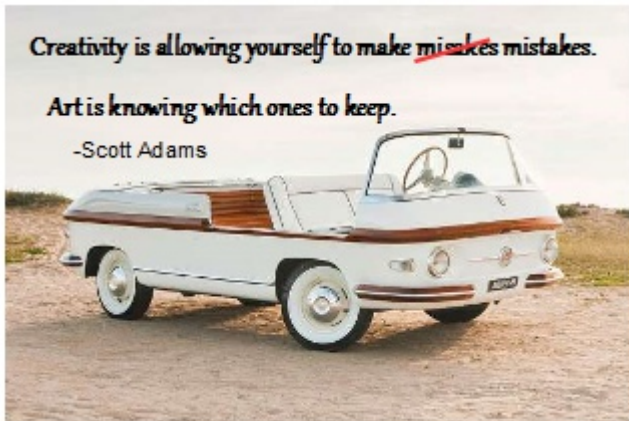
That then raises the question; are you focused on yourself or on helping others?

Week 8 Challenge: Be able to Teach

To learn is good, to teach is even better. And there lays the challenge upon us . . . can we teach others the knowledge we have ?

A mature man learns what he can and then finds ways to pass that knowledge onto others. Some do it well while others struggle.

Our **W8C** recommends that we ask ourselves questions like these:



#1, have I ever been able to teach others about happiness, about challenge and about faith ?

#2, how about when we are in tough times - can we teach others then ?

#3, and if we do teach, is it non-threatening and non-defensive?

So, is teaching easy ?
No but the rewards can be great and as you pursue those teaching times, just remember these words from

Ephesians 6:4 . . .

"Fathers, do not provoke your children to anger, but bring them up in discipline and instruction of the Lord."



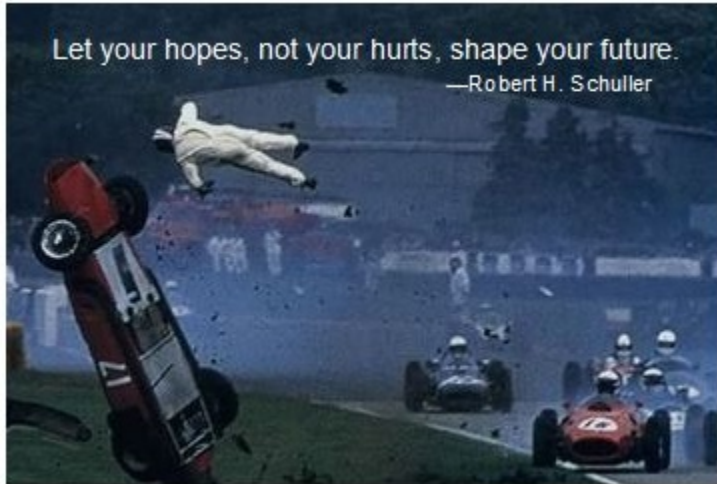
Side Note: And if you don't think you have the 'teacher stuff' within you - know this. We all can be a role model so use this as a starting point if needed and see where it leads you.

Week 9 Challenge: Don't over do it

There is a good chance that we all have said . . .

"I wish I wouldn't of done that." And this picture below is just one example of 'having some regrets.'

Gene's book, 'The Measure of a Man' challenges us to understand and avoid those things that are easy to over indulge in . . . like alcohol, drugs and or any aspects of what you could come to regret.



To help determine if you have an issue on this to deal with, our **W9C** recommends that we ask ourselves questions like these:

#1, do I see that my pursuit of alcohol, drugs or other things . . .

is not healthy for me or is impacting me in some negative way ?

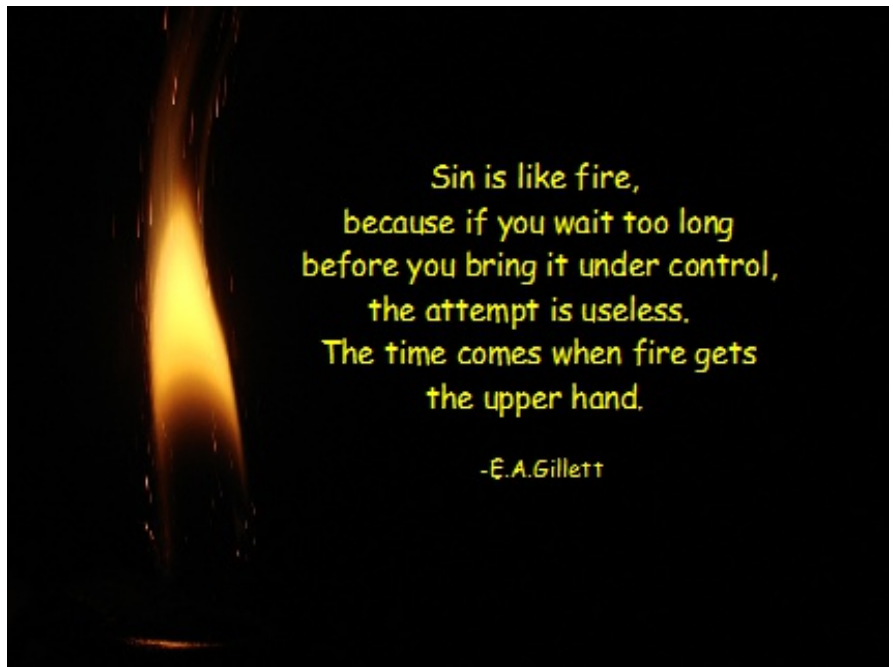
#2, do I see that my pursuits are impacting others negatively ?

#3, if you see that you have some actions that do need to be addressed . . . then what, how and when will you take action?

It all boils down to having personal discipline - to see where we have problems and to then take action to address them (and yes, avoiding the creation of various problems is the best).

So ponder all of this and decide what is needed.

And remember 2 Timothy 1:7 . . . ***"For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."***



Week 10 Challenge: Overcome self-centeredness.

Each of us at one time or another - have been focused on our own well being but what of those we know (or wonder about own self) that are always self-centered? Gene Getz reminds us what we learn from Apostle Peter, he used the word 'self-wiled' for those whose arrogance or self-centeredness were sinful.

Unfortunately it is easy for Christian men to believe they don't display those types of

characteristics (it is hard for us to believe what we can not see). Our W10C recommends that we ask ourselves questions like these:

#1, do our words or actions 'rub others the wrong way'?

The way you get meaning into your life is to devote yourself to loving others, devote yourself to your community around you, and devote yourself to creating something that gives you purpose and meaning.

MITCH ALBOM

Remember . . .



#2, do we recognize our sin nature, our pride and ego, our 'rational' tendencies ?

#3, do we see problems that are developing in our kids - in regards to self-centeredness issues ?

It all boils down to being able to see this in ourselves or in others.

Once recognized, we need to take action. How ? First, develop a proper perspective on 'self-will'. Second, if you are struggling with it, work to isolate the cause. And third, take action - if you really want to deal with this, you will work at starting what you need to do, stopping what you should and you will find ways to validate the progress you are making.

And remember Galatians 5:26 ... *"Let us not become boastful, challenging one another, envying one another."*

Week 11 Challenge: Don't let the sun go down . . .

We all have been angry at one time or another - it is how we deal with it that makes all the difference. Gene reminds us of the words from



Ephesians 4:26 *'Be angry, and yet not sin.'* Good to hear but hard to do.

So, how do we understand this? Consider these examples that Gene shares with us.

Anger becomes sinful . . . when it results in quick-tempered actions, when it persists and becomes bitterness, when it makes us hurt others emotionally or physically or spiritually, when it prompts us to become revengeful. To help us determine if we struggle with this, our **W11C** recommends that we ask ourselves questions like these: **#1**, do I tend to get angry frequently and rather easily? **#2**, do I feel that my anger lingers? **#3**, do I want to get even and take action?

So yes - we all get angry. Do we all handle it well? No and that is the challenge. In a perfect world, when we are angered, we find an effective way to deal with it before the end of the day. But that also means we understand that time can help, that we need to 'cool down' and then decide . . . how should I handle this - let it go or do something to make it right? And as you think about all of this . . . please

consider these closing words . . .

James 1:19 ... *"Be quick to hear,
slow to speak."*

And remember the guidance from Apostle Paul; that we should not allow anger to persist because eventually it will become sinful and we will do and say things that are out of the will of God.



Week 12 Challenge: Never Resort To Violence

Why is it that some become violent but most do not ? Our human history has been plagued with this since the beginning. Consider these examples from the Bible of men who have turned to violence (of Cain, Moses, and David) and of the repercussions they had.

We are warned that our frustrations - our anger - if not managed, can lead to violence. Don't become pugnacious. Our W12C recommends that we ask ourselves questions like these:

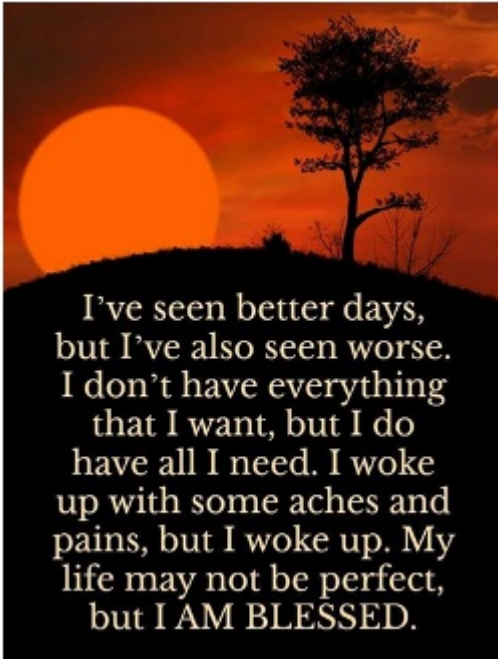


#1, do I strike out at others (verbally, physically) ?

#2, when I am mad, am I able to recognize this and work toward forgiveness ?

#3, do I need to seek counseling to help me on this ?

To close on this, remember we all have tough days . . .



even days that anger us so much . . .
and on those days, we must
remember that we are blessed.

So, as you ponder all of the above,
also consider these closing words . . .

Proverbs 10:11 . . . *"The mouth of
the righteous is a fountain of life,
but the mouth of the wicked
conceals violence."*

Week 13 Challenge: Become a Fair-Minded Man

But you may wonder, what is 'fair-minded' ? From Gene's book we learn it is being reasonable, having gentleness and patience.

This is another of our 'good to know' but 'hard to do' . . . because we usually want to fight 'like hell' when we feel we have been wronged.

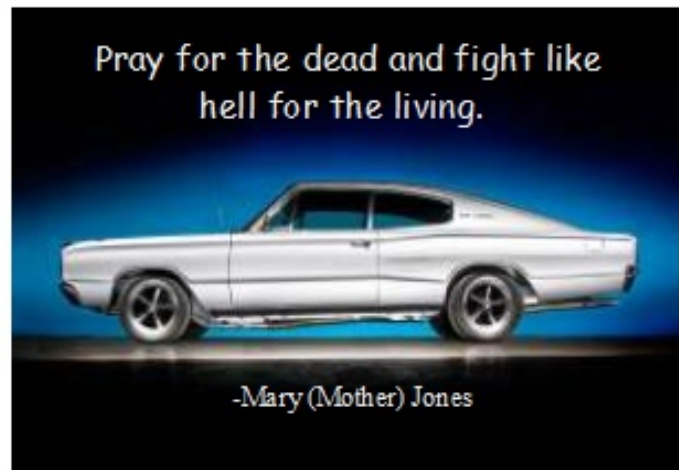
So then, what should we do ?
Our W13C recommends that we embrace these challenges:

(and yes, these are not easy)

#1, overcome evil with good. **#2**, don't forget God's grace.

#3, embrace the gentleness of wisdom.

That means we need to slow down in how we react to the challenges that arise. We need to realize that we can respond calmly and in the right measure.





Meekness is not weakness.
And know this, we can embrace
'**what would Jesus do ?**'
and we can be fair-minded.

To close then . . . as you ponder
all of the above, remember this . . .

1 Timothy 3:3 [be]

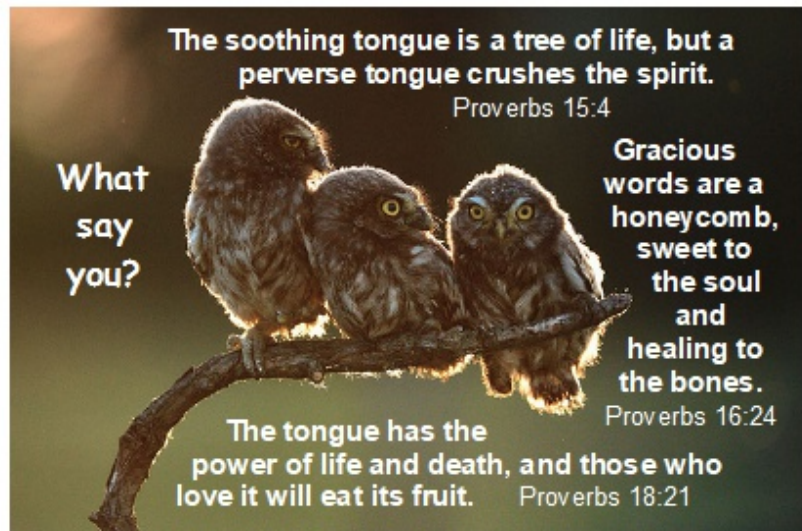
"Not combative but gentle and considerate, not quarrelsome but forbearing and peaceable."

Week 14 Challenge: **Blessed are the Peacemakers**

We all have heard those words before - but how do we interpret what they mean to us ?

As we pursue Gene's book, we learn that it is to be a part of the group (mob or masses) but . . . what does it mean to be one of the ones who make things better ?

These Bible verses → are a **good starting point**.



Our **W14C** recommends that we first take a hard look at ourselves (our words and our actions - like the following):

#1, are we contentious or considerate ?

#2, are we communicable or combative ?

#3, are we callous or compassionate ?



We need to remember that good words can help but it is the right actions that always make the largest impact.

So yes . . . it is always easier to see the deficiencies in others but we

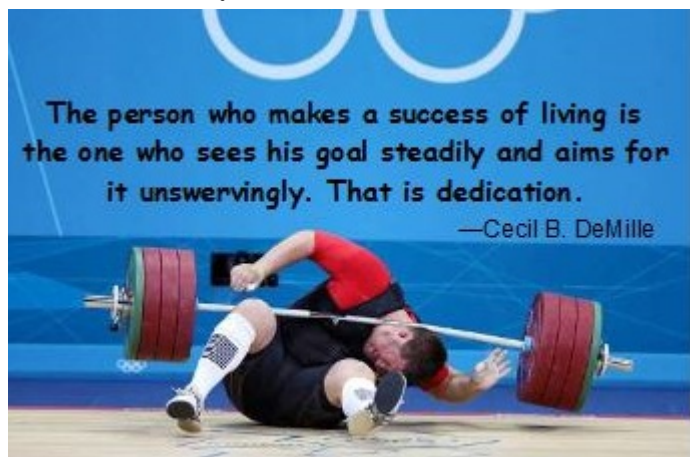
must also look for them within ourselves as well. Remember - first seek to understand (others as well as ourselves) and then seek to be understood and to help make things better.

For if we don't, we are just a part of the problem.

Week 15 Challenge: **Become a Generous Man**

Although we may think this may be easier to pursue - in all aspects, it is harder than we think. Why? Because it involves more than just giving, it also means our attitude (as in . . . how is our attitude in giving?).

From Gene's book we have three considerations on this for our **W15C** to help us look at this further and to lead us on to decisions we may have to make.



#1, mature Christians don't love money - and it starts with the question: is God or money our priority ?

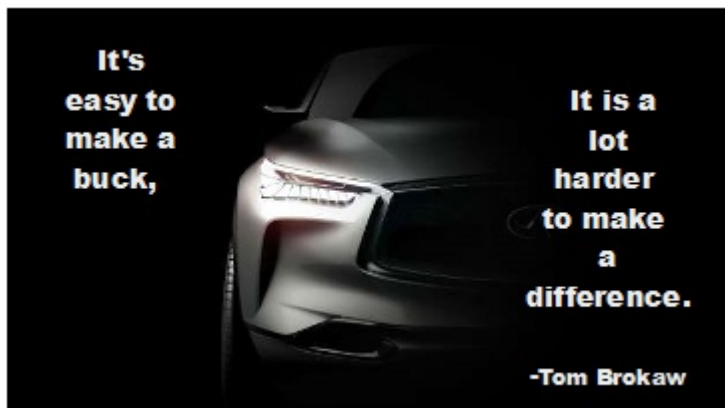
#2, be careful of comparing yourself to others - for if we do, does it cause us to pursue actions that focus on us or on others?

#3, do we make the time to review where and how much we donate to our church, to charity, and or to others (tips, etc) ?

So yes, this is a good challenge for us to ponder and while you do so, remember these words from Matthew 6:33 **"First seek His Kingdom and His Righteousness, then all these other things shall be yours."**

Week 16 Challenge: **Do We Reflect our God ?**

For this week's challenge, we step things up significantly because as Christian men who then are also fathers, have to realize and to embrace some added responsibilities. Let me explain as follows.



First, there are many bad dads in the world . . . those who are abusive or absent or just not engaged as they should be. Is this you ?

Second, there are some good dads - Christian dads who try to reflect our Heavenly Father as best they can. Why ? Because they learn that their kids views on God in heaven, starts with their view of them.

Consider these **W16C** points.

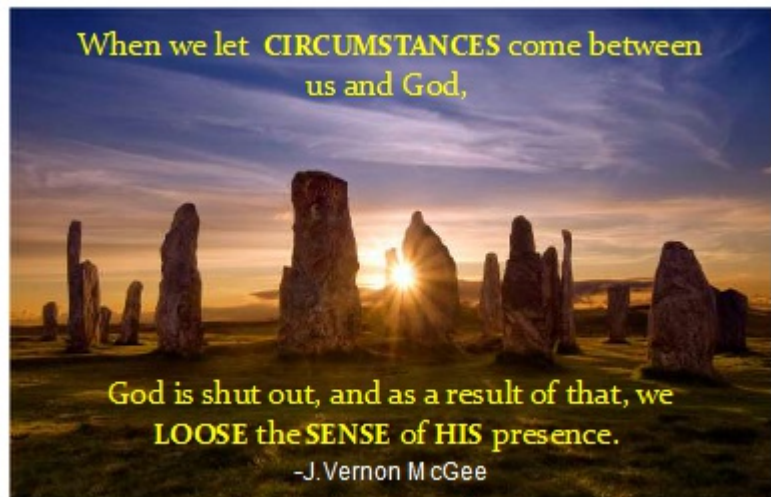
#1, as fathers, our actions should easily show our love for our wife and our children. Do your kids feel this ?

#2, as fathers, we provide (do our share to pay the bills), we protect (we ensure our loved ones feel safe), and we persevere (our loved ones know, good or bad, we are there for them). Do your kids believe this ?

#3, as fathers, we know God loves, guides and disciplines us and we therefore do the same we with our family. Do your kids see this ?

Now all of the above is to give you a starting framework to think on and to determine if you are or are not on this path as a father.

If you are on a good path as a Christian father, thank you.



If you may not be doing as well as you wish or if you have done wrong, apologize and make the commitment to step up - to honor God, as well as to honor your wife and children. Is it easy to try and live in a way that reflects our heavenly father ? No but know this . . . God listens to us and if we are pursuing our faith, His guidance and help will unfold as you work to step up. While pursuing this, since God listens to us, as well as He guides and helps - do we do the same with our kids ?

This all brings us back to our to our opening question for this week. Do we reflect our God - our Father in Heaven ? We will probably never come close but that doesn't mean we should not try our best to do so.

"Start children off on the way they should go, and even when they are old they will not turn from it." Proverbs 22:6

Week 17 Challenge: Love what is Good

We now take a look at what we think would be easy, but it is not.

Yes, most of us have heard the words . . . **overcome evil with good**. But what does that really mean and how do we best embrace . . . the challenge of loving what is good?

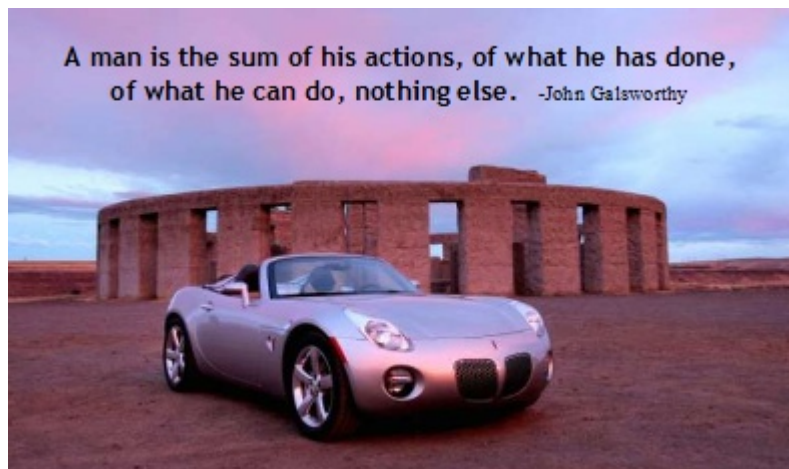
This chapter in Gene's book gives so many good things to ponder and I thought, 'why not start with these words, from an old Jewish legend.'

It is a different look at the Creation story and as I share the words that follow - determine if any aspects describe you ??? (our **W17C**)

When God was about to create mankind, the angels around Him said; **(from the angel of justice)** *"Don't create him for if You do, he will commit all kinds of wickedness, he will be hard, cruel, and dishonest."*

(from the angel of truth) *"Don't create him for if You do, he will be false and deceitful to his fellow man - and even to You."*

(from the angel of holiness) *"Don't create him for if you do, he will follow that which is impure and he will dis-honor you to your face."*

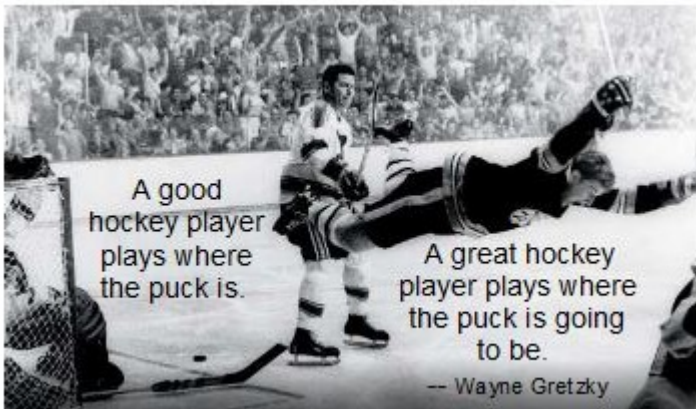


But then, the **angel of mercy** said, *"Create him, our Heavenly Father, for when he sins and turns from Your ways of right, truth and holiness, I will take him tenderly and will lovingly lead him back to You."*

If you are like me, you will see aspects of you, your life, within those words. But we know that in embracing our faith, we know we are at work in our lives for God, knowing . . . **loving good is loving God**.

"He came to that which was His own, but His own did not receive Him. Yet to all who did receive Him, to those who believed in His name, He gave the right to become children of God—children born not of natural descent, nor of human decision or a husband's will, but born of God." John 1:11-13

Week 18 Challenge: Be Just and Fair



Well that is an interesting challenge but what does that mean? Let us look at this from some different perspectives like these.

First, when we look at sports, we all like the challenge to play well and to play fair.

That then means doing the best that we can and following the rules.

Second, when we look at faith, we can look back to November 1515 and the thoughts Martin Luther was pursuing as he studied Paul's Epistle to the Romans. He was captivated and challenged about the justification of faith and this showed him a gateway to heaven.

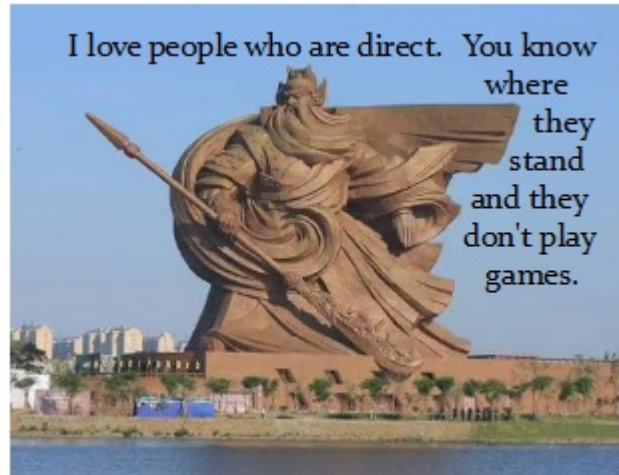
Gene Getz reflected on this and then in his book, he presents to us these 3, our **W18C**:

#1, [we, the just] live by faith. For when we pursue our faith in Jesus Christ, we are made 'righteous' or 'just' in God's sight.

#2, [we, as justified men] become just. For God deals with us 'justly' which challenges us to treat others 'justly' as well.

#3, [we, as men of faith] honor justice. For God honors justice, we too embrace honor, justice and the integrity of our faith.

So what then should we do ?
Everything builds upon our faith foundation. We are transformed, we work to turn from our sinful ways and try to help and to encourage others on their faith journeys as well.



Thanks for considering all of this and remember . . .

"For by grace you have been saved through faith; and that not for yourselves, it is the gift of God; not as a result of works, that no one should boast." Ephesians 2:8-9

Week 19 Challenge: Looking at our Holiness

This is a challenge that we may not appreciate as we should. For example we cannot earn holiness by pursuing religious rituals - and that means just sitting in church periodically doesn't 'cut the mustard'.



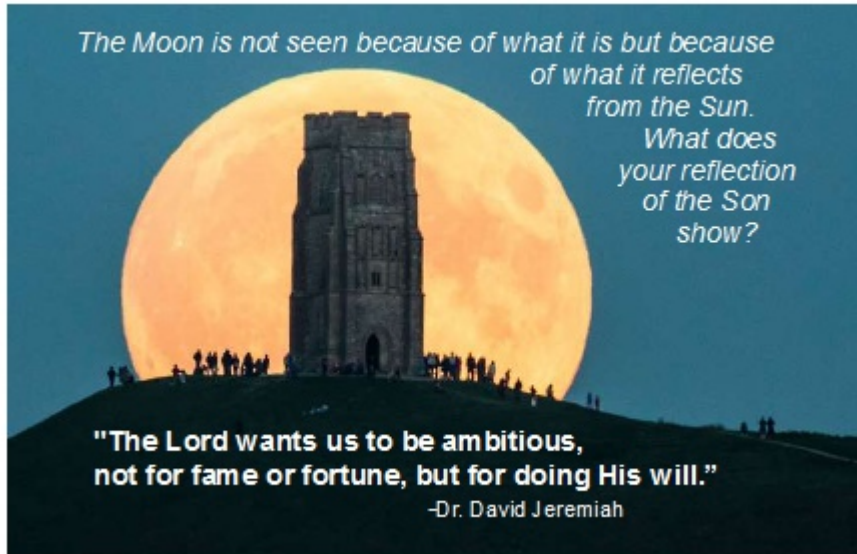
As we have mentioned before; if we don't work to say our prayers, to work on growing in faith, we are coming up short. So, how best to pursue ? Consider this **W19C**:

First, are we aware of and trying to pursue the fruits of the Spirit ?

Galatians 5:19-21 warns us of the 'deeds of the flesh' and we learn from verses 22-23 of the 'fruits of the Spirit'.

Second, are we pursuing the renewing of our minds ? Romans 12:1-2 challenges us to work on pursuing actions that help our body and mind to grow in ways that honors God.

Third and in closing, do we make the time to check ourselves ? Paul's letter to the **Ephesians** provides a great checklist to consider on how we are pursuing and growing in our faith.



Gene's book gives us a lot to consider on this challenge. I like his words . . . "Every Christian has a choice. Either we are going to walk by the Spirit and do what He [God] desires, or we will keep in step with

the sinful nature and do what we desire." So - remember:

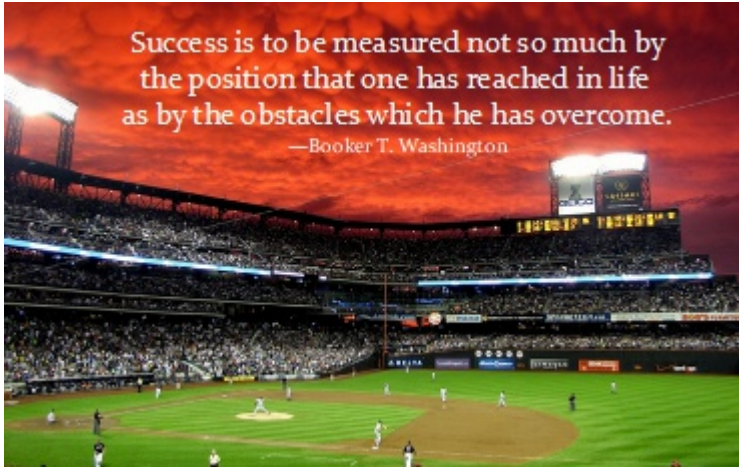
"Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ." 1 Thessalonians 5:23

Side Note: If you are struggling with this aspect of pursuing holiness, then just start with being a changed person, one who is working to grow their relationship with God. If you do this, that is a great start and the Holy Spirit will help you to grow from there.

Week 20 Challenge: Become a Disciplined Man

As we work now to wrap up our summary points from Gene's book, this last focus is on the challenge to become disciplined. What does

that mean? In the Apostle Paul's letter to Titus, we learn that his word 'egkrate' is translated as '**self-controlled**' in the New American Standard version, as '**temperate**' in the King James version, and as



'**disciplined**' in the New International version.

We can then pull these three together and we can pursue these 3, our **W20C**:
#1, maintain your physical health: eat healthy, stay in shape, and see the doctor periodically (do all three).

#2, maintain your psychological health: by managing our stress, by the way we address stress and by pursuing times for relaxation.

#3, maintain your spiritual health: by working to pursue right actions [avoiding wrong], embracing compassion [helping and forgiving when we can], and working to grow our faith [as our gift to God].

And remember: We all need to think on the above and determine how best to be disciplined. In doing so, don't get tripped up by the . . .

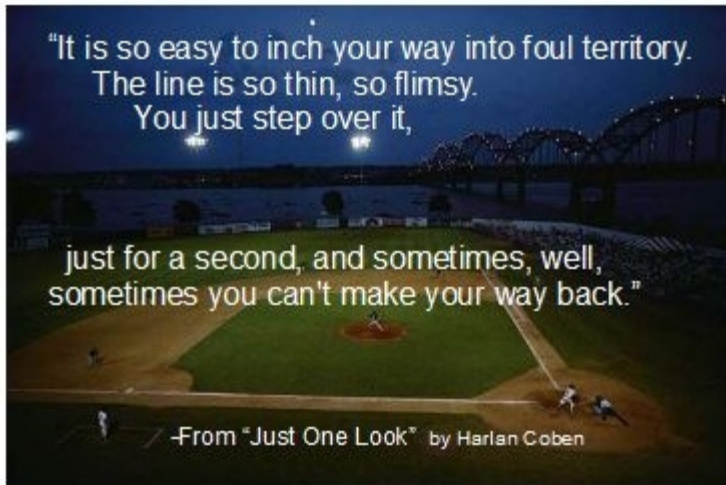
"deeds of the flesh" (acts of immorality, impurity, sensuality, idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, envies, etc.) Galatians 5:19-21

There you go, a brief recap of the various considerations that we can pursue from Gene's book - **The Measure of a Man**. And if you want to do a self-check on yourself, pursue asking yourselves the following (what Gene calls 'determining our maturity quotient):

Week 21 Challenge: Our 'self check' . . .

Use these to do a status check on yourselves.

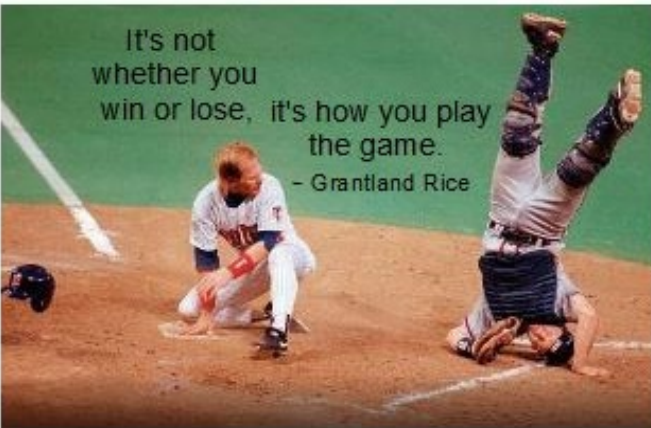
1. Am I above reproach ?
(one with a good reputation)



2. Am I dedicated to my spouse ?
(caring and honorable)

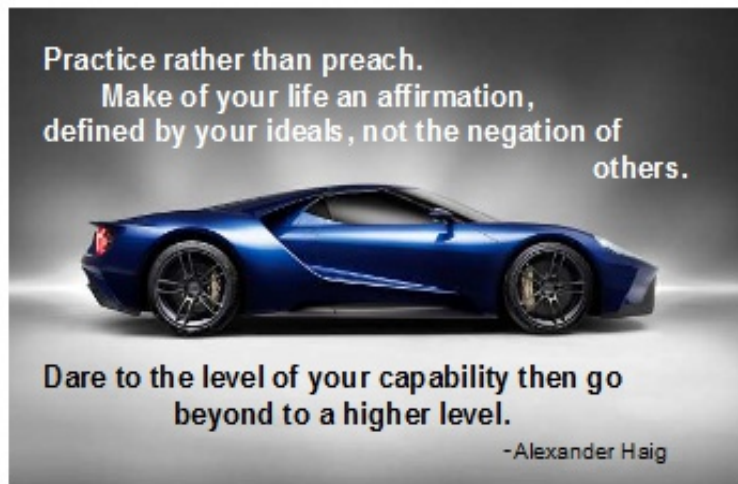
3. Am I temperate ?
(balance in my words and actions)





4. Am I prudent ?
(being wise and humble)

5. Am I respectable ?
(a good role model)



6. Am I hospitable ?
(demonstrating unselfishness and generosity)

7. Am I able to teach others ?
(communicating in a
nonthreatening way)



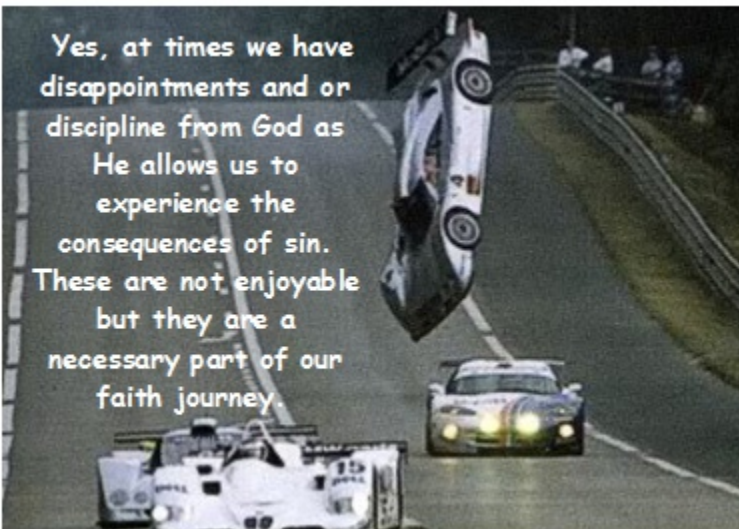
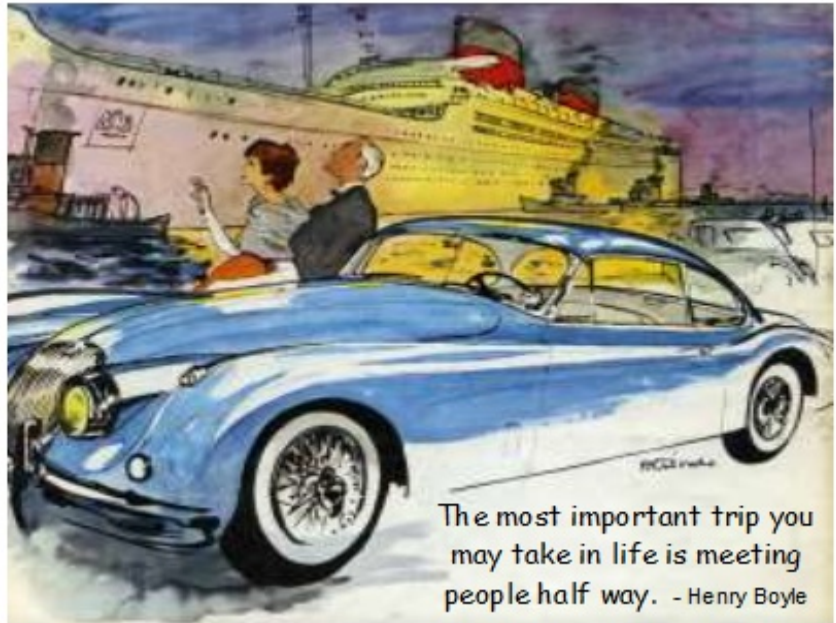
8. Am I given to
substances ?
(addicted to one or
more substances or
struggling with them)

9. Am I self-willed ? (self-centered or controlling)



Your opponent, in the end,
is never really the player
on the other side of the
net, or the swimmer in the
next lane, or the team on
the other side of the field.
Your opponent is
yourself, your negative
internal voices, your level
of determination.
—Grace Lichtenstein

10. Am I
quick-tempered ?
(easily angered)



11. Am I pugnacious ?
(an abusive person)

12. Am I
contentious ?
(argumentative
or divisive)

In the end, we only regret the chances we
didn't take.





13. Am I gentle ?
(sensitive and kind)

14. Am I free from the love of money ?
(materialistic)



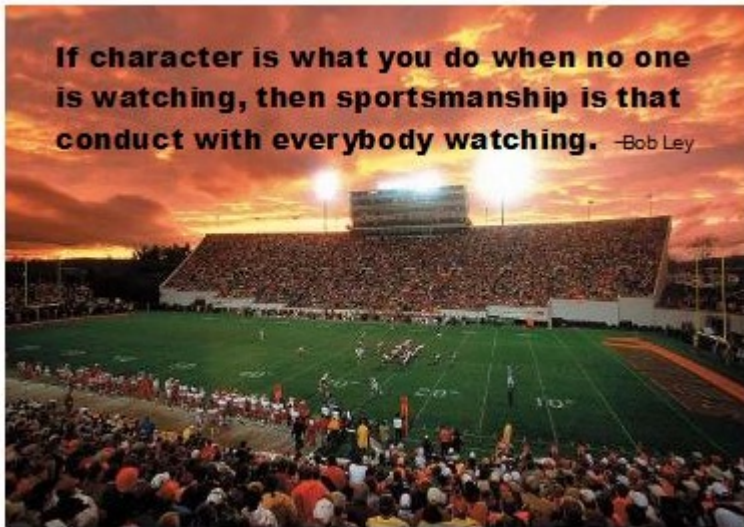
15. Do I manage my own home well ?
(do I honor God as a good spouse and parent)

16. Do I have a good reputation ?
(inside and outside of church)

Oh what tangled web we weave,



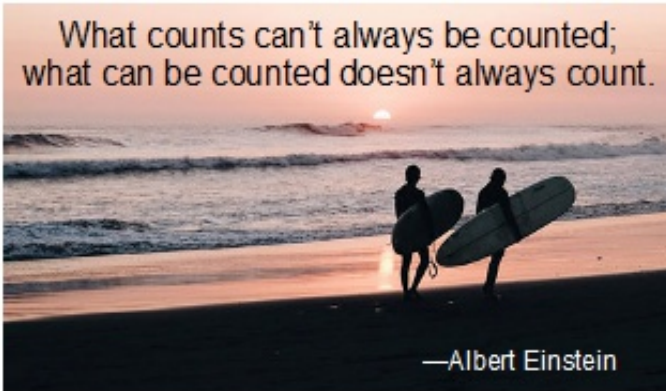
when first we practice to deceive.



17. Do I love what is good ?
(pursuing godly activities)

18. Am I just ?
(wise, discerning,
non-prejudiced
and fair)





19. Am I devout ?
(holy and righteous)
And yes, this is the most
difficult one for us.

20. Am I a mature,
disciplined Christian ?
(not a new Christian)

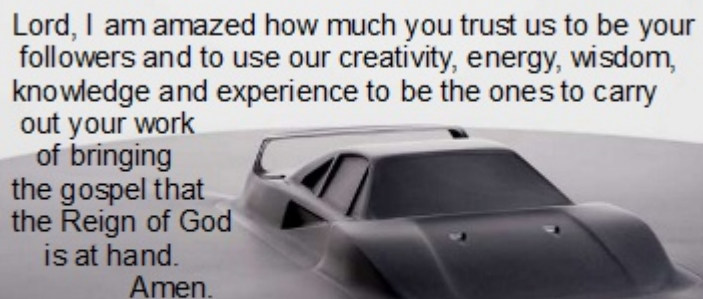


There you go - plenty to ponder. And remember . . .



And then, a year after you have pursued the above, do this follow up check on yourself (as in: are you further along as you desire ?).

1. Am I above reproach ? (one with a good reputation)
2. Am I dedicated to my spouse ? (with love and honor)
3. Am I temperate ? (balanced in my words and actions)
4. Am I prudent ? (being wise and discerning)
5. Am I respectable ? (a good role model, Christ like)
6. Am I hospitable ? (demonstrating unselfishness and generosity)
7. Am I able to teach others ? (communicating in a nonthreatening way)
8. Am I given to substance abuse ? (addicted or struggling with them)
9. Am I self-willed ? (self-centered or controlling)
10. Am I quick-tempered ? (easily angered)
11. Am I pugnacious ? (an abusive person, verbally and or physically)
12. Am I contentious ? (argumentative or divisive)
13. Am I gentle ? (sensitive and kind)
14. Am I free from the love of money ? (materialistic)
15. Do I manage my own home well ? (I honor God as a good spouse and parent, my family's finances are on track and our outlook is good)
16. Do I have a good reputation ? (inside and outside of church)
17. Do I love what is good ? (pursuing godly activities)
18. Am I just ? (wise, discerning, non-prejudiced and fair)
19. Am I devout ? (growing my faith)
20. Am I a mature, disciplined Christian ?
(helping where I can, and in pursuing the purpose that God has enabled me for)



Lord, I am amazed how much you trust us to be your followers and to use our creativity, energy, wisdom, knowledge and experience to be the ones to carry out your work of bringing the gospel that the Reign of God is at hand.
Amen.

There you go - plenty to consider and to pursue as you deem best.
(and yes, you can use the rest of this page below to jot down notes)