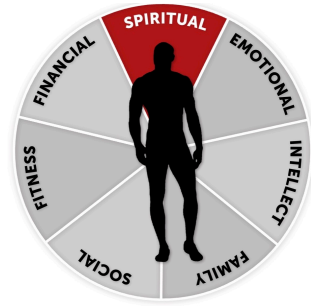


The Complete Man!

Built in Adullam



Introduction:

1 Sam 22:1-2 “David left Gath and escaped to the cave of Adullam. When his brothers and his father’s household heard about it, they went down to him there. All those who were in distress or in debt or discontented gathered around him, and he became their commander. About four hundred men were with him.”

- Benaiah - killed a lion in a pit on a snowy day, 2 Moabite heroes, an Egyptian, and also helped Solomon secure the throne after David.
- Jashobeam - killed 800 men at once with his spear.
- Eleazar - fought alongside David til his hand was stuck to his sword.
- Shaman - defended a plot of barley from a whole camp of Philistines.
- Abishai - killed 300 men and the son of a giant.
- 3 of these guys charged a camp of Philistine warriors to get a drink of water from a certain well for their leader.
- Asahel - could run like a deer with with Unbreakable focus.
- Elhana - killed Goliath’s giant brother single handedly.
- The list goes on and on...

These are the same men who began in the cave of Adullam!

What does the Cave of Adullam represent?

The cave is the environment... plain and simple. Men gathering in a place where a brotherhood is formed ... and ordinary men become complete. Where we can be healed and allow the man God created us to be to emerge. Every man needs a cave!

Protocol:

- **Confidentiality**. What happens in the cave stays in the cave! Never break the confidence of other men in the brotherhood.
- **Judgement Free**: Stones were used for building memorials, walls, and houses—unfortunately they were just as often used for weapons and for judgement. We are all flawed and imperfect. Therefore, we throw no stones. With empty hands (no stones) we allow one another to work out our stuff without fear of consequence or repercussion.
- **Accountability**: Mostly to yourself. Average and unsuccessful men are always evaluating and judging others. Complete men are always evaluating and improving themselves. Our provocation of one another in the cave is solely for the purpose of helping each other to become the best possible version of ourselves.

The “measure” of a man:

What is it? [Romans 12:3](#)

“For I say, through the grace given to me, to everyone who is among you, not to think *of himself* more highly than he ought to think, but to think soberly, as God has dealt to each one a measure of faith.” Measure, or metron in the Greek: means (1) sphere of influence, (2) circle or space from within which one does life; a circle for measuring.

So, Jesus is the standard for the perfect or complete man. He has made it clear that He has a reasonable expectation of us to be complete as well. When Jesus said to “be perfect, as your Father in heaven is perfect...” ([Matthew 5:48](#)) He meant it. Of course he wasn’t demanding that we be flawless with no room for improvement—What He meant was to be equally developed in the 7 values of your metron.

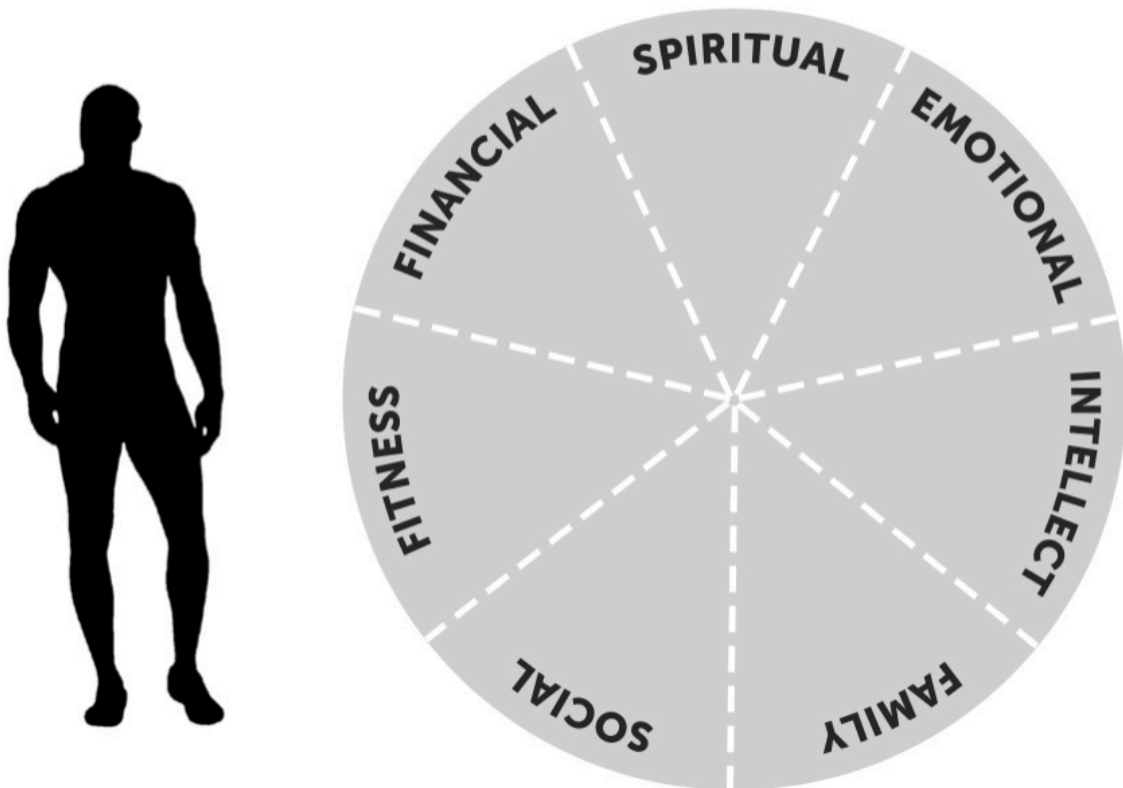
What is perfection or “Completeness?”

[Ephesians 4:13](#): “til we all come to the unity of the faith and the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ;

Perfection is the Greek word “**telios**”: “the completion of equal growth in all of its parts.” Perfection is the collective and equally developed growth in your metron in all seven values simultaneously.

Every man has a metron, a sphere/circle, from within which you do life. It should be the quest of every man desiring to be complete, to effectively grow and manage his metron in a way that honors the expectation of Christ.

The 7-valued metron is our gauge: Here's a great exercise... go around your metron and evaluate yourself from 0-10 in each of the values. Be honest and authentic.



The biggest question every man needs to answer on a regular basis is; “Will my life roll?” Completion isn’t about being flawless 10’s all the way around—it IS about giving equal amounts of attention, focus, and development to all 7 values.

- It can look like this: (perfect 10's)
(Probable not though)



- Or even this: (consistent 5)



- But not like this:



Jesus, the Standard:

Jesus is the standard of perfection/completion as a man. He was perfectly developed in all of the values of a metron and then some.

[Colossians 2:9](#):(NLT) "For in Christ lives all the fullness of God in a human body."

[Ephesians 4:13](#): "This will continue until we all come to such unity in our faith and knowledge of God's Son that we will be mature in the Lord, measuring up to the full and complete standard of Christ."

So, we look to Jesus as our standard of perfection. It is His image that we pursue—to be like Him. The metron is our way to gauge our progress and the effectiveness of our growth systems.

Principles for growing your “Circle.”

- 1) **Everyone has a metron of 7 categorical dimensions/values!** These are the values of character and conduct that God has called us to steward properly. [3 John 1:2](#) leaves no question as to the validity of the Gospel being “wholistic” as well as the need for us to appropriate it to all of our metron/values.
- 2) **Jesus has an expectation of you:** [Matthew 5:48](#), Jesus spends 47 verses going over issues behavior and conduct. He makes it clear that these were character manifestations his disciples could address and change. He sums it up in verse 48; “Therefore you shall be perfect, just as your Father in heaven is perfect.” Every man needs to monitor the development his personal metron.
- 3) **A well-developed man is a disciplined, wise, and Godly man:** The most powerful commodity a man has is his ability to lead/influence. People will not follow an undisciplined man. One-dimensional development is NOT leadership, because it’s simply doing the thing that comes easy and natural.

Great leadership starts with self-leadership: Multi-dimensional development takes discipline, extreme focus, and intentionality.

The discipline of masculinity cannot be underestimated.

- 4) **The synergy of a balanced metron renders each value more powerful than a singularly developed one.** Jesus taught that perfection was defined as growing in a balanced way in all 7 values of life. You can excel in one area or dimension but be poorly positioned to excel in the others if you are not addressing your metron the proper way. Thus the inter-connectedness of your vales is an important matter. A deficiency in one area causes problems in another. Poor health hinders your mobility with your kids—an empty bank account limits your choices for your family—too much work diminishes your social value—spending all your time in your closet praying, fasting, and studying the Word may render you more spiritual but it also makes you unavailable to the rest of your metron—(ie; Moses sitting on the mountain top in God’s presence while the people he’s supposed to be leading are at the bottom of the mountain building and worshipping a golden calf). The scenarios

are endless but you get the point. As a complete man you must do it all? But that also positions you to “have it all” as well.

- 5) **Your circle is developed via a systematic approach:** You can not perfect your metron working on one value at a time. Life is not linear — rather, it is circular. A linear strategy results in real life “wack-a-mole.” You must have a systematic way of living that aligns all of your habits, patterns, schedules, and attention with your desired outcome. Disciplined and systematic patterns will automate your life in a way that propels you towards completeness.

An effective system gives equal amounts of attention, respect, and focus to all 7 values in every 24-hour increment of time.

The Pursuit of God: I

[Matthew 6:31-33](#) ““Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you.”

“Every man is morally lazy until something captures his heart.” The pursuit of God is the beginning and the core of real spirituality, and the question is; does God have your heart? All of it!? Are you aligned with the first and greatest commandment—“Love the Lord your God with all your heart, soul, mind and strength.”

[Genesis 1:](#) In the beginning of the record of humanity, God put Adam in the garden alone—to establish a premise: This is where a man’s quest for purpose/significance begins. Adam was put in the garden for an unspecified period of time, before he was entrusted with a wife and family—Just a man, working out his relationship with his creator.

Only when a man has successfully aligned himself with the Father can he successfully grow his measure.

This is the beginning of completeness and perfection, going after God like He’s all that matters—because at the end of the day, He is!

We have to discuss the difference between calling and assignment:

Calling does not change — Pursue intimacy with God and lead your family to follow.

Assignment flows out of calling — seasonal, changes, is dependent on a fulfilled calling.

Gifting is given in conjunction with assignment.

We can never mess up the order — the result can be catastrophic... look at David.

- Adam, David, and others show what happens when one is impressed with their assignment and gifting over their calling.
- When you pursue God; provision, power/authority, and promotion pursue you.

Principles for Pursuing God:

Imago Dei / Koinonia en Theos

Genesis 1:26 “Then God said, “Let us make mankind in our **image**, in our **likeness**, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground.”

1) Don't settle for anything less than “Likeness.”

Image of God: “*Imago Dei*” refers to the similarity of our ability, creativity, knowledge, and reason to God’s. Man was created with God-like abilities in our posture and our ability to reign with Him.

Likeness of God: “Demooth” or “*Koinonia en Theos*”(or in fellowship with God) refers to His nature, character, authority, and presence. “Eikoi” speaks of mirroring the image and likeness of the one being referenced.

Adam was created in both the image and likeness of God. When he disobeyed and was cast out of the Garden, he didn’t lose the image of God. Instead, he forfeited the “likeness” of God.

To be created in God’s image refers to each person’s posture and ability. He has positioned and equipped us with all the necessary components to fulfill the plan He designed for us.

Jesus, our standard, demonstrated both:

Col 1:15: “ Jesus is the ***image*** of the invisible God, the firstborn over all creation.”

John 14:9 “ ...when you see me, you’ve seen the Father...” (likeness/sameness)

Is it enough to merely believe in the ***Imago Dei***? Is it enough, with God-like qualities and abilities, to supernaturally kill lions, bears, and giants as an exercise of dominion?

Somewhere along the way David must have realized that it wasn’t. Perhaps he realized that “image” alone would get him in trouble if he didn’t experience a restoration of ***Koinonia en Theos***.

At some point he was missing that sameness of heart and character with the One who had given him those marvelous abilities in the first place.

He must have realized this sitting in the cave—abandoned, seemingly rejected, and nothing is working anymore. A man with plenty of accolades and anointing, but also broken and defeated. Notice what David wrote...

“As for me, I will see Your face in righteousness; I shall only be satisfied when I awake in Your likeness.” [Psalm 17:15](#) (NKJV):

The challenge for many men is that while they may have the gifting to rise to the top; if they don't have “likeness” they will lack the ability to sustain or even enjoy it. Your gifting and charisma cannot outgrow your likeness with Christ.

Your calling and your highest priority is to be a passionate worshipper of God. Anything and everything apart from your calling as a worshipper becomes an act of futility when you drift away from this purpose.

2) A pursuit of God creates a redemptive quality that touches the entirety of your life: [Matt 6:31-33](#). Everything vertical exponentially affects everything horizontal. Life is experienced on a horizontal plane ... life in the kingdom is experienced vertically. This is called kingdom parallels—realities in the invisible world, being interconnected with those in the physical/visible world. Both certainly have very real implications in the other. When you get in alignment with heaven vertically, you live horizontally with a higher measure of authority and power to manage your life. This is important because pursuing God doesn't mean your circle will automatically grow correctly, but it will certainly make everything else much easier.

3) A pursuit of God positions you to lead effectively. Real authority is the fruit of a man's submission to the Father. *If you are led, then you can lead.* In [Matthew 8:8-10](#) the Roman Centurion recognizes the immense authority that Jesus had—to simply speak a word and his son at home would be healed. A contributing factor to this realization was that he also identified with Jesus as being a man who was also submitted to authority. In his own words, “*for I too am a man under authority; and I say to this one go and he goes, to another stay and he stays.*”

Self-leadership is obvious and it is attractive. People are drawn to a man that displays completeness in his life. Complete men come across as powerful men, in the purest sense of the word. Power that comes from somewhere outside of himself. Power that only comes as a result of being aligned with the omnipotent creator of all things.

4) Practiced patterns produce passion: You don't follow your passions; that's terrible advice, because it assumes that passion is some kind of inherent quality that is just waiting to reveal itself. Passion develops as a result of exposure to certain environments. Whatever you invest your time, attention, and money in, you begin to care about, perhaps even obsess over. When you make Him the priority in all things—time, money, attention, decisions/choices, and focus, you are creating your own passion. Acknowledging Him first and DAILY! No excuses! When you pursue Him in sincerity and make the completeness of your metron your highest priority, you'll begin to see a greater passion for Him developing.

5) Your pursuit of God puts you in good kingdom community. [Ecclesiastes 4:12](#)
“And if one can overpower him who is alone, two can resist him. A cord of three *strands* is not quickly torn apart.” It is empowering to be doing life with other men, preferably in smaller group contexts, who are also striving to become complete.

When God said in Genesis concerning Adam; ‘It is not good for man to be alone...’ He meant.. It is not good for men to be alone! Period!

“100 pianos all tuned to the same fork are automatically tuned to each other? They are of one accord by being tuned, not to each other, but to another standard to which each one must individually bow.” *Tozer*

Intellect: II

Proverbs 5:5-7 “Get wisdom! Get understanding! Do not forget, nor turn away from the words of my mouth. Do not forsake her, and she will preserve you; Love her, and she will keep you. Wisdom *is* the principal thing; *Therefore* get wisdom. And in all your getting, get understanding.”

2 Peter 1:5-8 “But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love. For if these things are yours and abound, *you* will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ.”

It has been long understood that while knowledge is the accumulation of data, ideas, and information—wisdom is the administration of knowledge (knowing what to do with what you know). And understanding has to do with discernment, discretion, and perspective.

Each of these biblical instructions can be a series itself. However, let’s focus on this fact: to be a complete man, you must work and develop to be a high-level thinker—a learner, a student, and one who is always growing his intellect.

This subject of our cognitive value is not about being smarter or having a higher IQ than average. It is far more... We’re talking about (1) true knowledge that comes from the Spirit of wisdom and then (2) our personal responsibility of building on that knowledge.

There is wisdom and knowledge from the world, and then there is Divine truth as the basis for real knowledge.

James 3:13-18 “Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom. But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. Such “wisdom” does not come down from heaven but is earthly, unspiritual, demonic. For where you have envy and selfish ambition, there you find disorder and every evil practice. But the wisdom that comes from heaven is first of all pure; then peace-loving,

considerate, submissive, full of mercy and good fruit, impartial and sincere. Peacemakers who sow in peace reap a harvest of righteousness.”

[1 Corinthians 3:19](#) “For the wisdom of this world is foolishness before God. For it is written, “He is the one who catches the wise in their craftiness”

Intellectual development refers to the changes that occur, as a result of growth and experience in a person’s capacities for thinking, reasoning, relating, judging, conceptualizing, and becoming psychologically well. But, there’s an order of priority to understanding intellectual development correctly:

The Order:

- Pursue God as though your life depends on it.
- Consider Divine knowledge the starting point
- Dedicate yourself to growing your intellect.

(Pursue) We become complete people of God when we realize encounters and visitations are meaningful but there should be an objective ? Real transformation comes by the renewing of our minds. Powerful encounters with God must ultimately change how we think. “Be transformed by the renewing of your minds...” [Romans 12:2](#)

(Divine Knowledge)

- [Proverbs 2:6](#) “For the LORD gives wisdom; from his mouth come knowledge and understanding.”
- [Proverbs 9:10](#) “The fear of the LORD is the beginning of wisdom, And the knowledge of the Holy One is understanding.”
- [Proverbs 1:7](#) “The fear of the LORD is the beginning of knowledge, but fools despise wisdom and instruction.”
- So, according to the Word, true knowledge cannot exist without a reverent "fear" of God.
- The use of "fear," in this context, is not meant to imply a sense of horror, despair, or fright. It is a strong term, but it points more towards a sense of extreme respect, in the

same way mature adults "fear" things like fire, knives, or chemicals. It's not panic and terror, but does come with an awareness of great potential consequences.

Don't get caught going too far down
The road of thought that is, at it's premise, in
contradiction to the Word!

(Growing Intellect)

“Knowledge will forever govern ignorance; and a people who mean to be their own governors must arm themselves with the power which knowledge gives”. *James Madison*

“If your not growing, you're dying.” *Dr Richard Heard*

Principles for growing your intellect:

1) The Word of God is the starting point for intellectual development:

- [Ephesians 1:17](#) “That the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him:”
- Wisdom and revelation are both GIVEN... in the knowledge of Him... or, for the acknowledgment of Him ... real wisdom and knowledge should direct you to intimately connect to God, and it should declare the reality and greatness of God.
- Godly wisdom and instruction provides a greater capacity for learning: [Daniel 5:14:](#) “I have heard of you that the spirit of God is in you and that light and understanding and excellent wisdom are found in you.”
- Daniel and the other Hebrew slaves in exile, had a capacity for learning and understanding that caught the attention of a king. A man with an ever increasing capacity for knowledge and understanding will undoubtedly be exposed to far more opportunities and experiences than others.

2) Growing your intellect is necessary for every believer:

- [1 Cor 2:15-16](#) “for you have the mind of Christ.”
- “And Jesus increased in wisdom and stature, and in favor with God and men.” [Luke 2:52](#)

- “Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.” [2 Timothy 2:15](#)
- “As a man thinks in his heart, so is he.” [Proverbs 23:7](#)

Your intellectual development determines the extent to which you can increase your capacity. The more you know, the more equipped you are to manage. You must see your intellectual capacity as an integral part of God’s plan. This is how you acquire new knowledge, understand hidden wisdom, dissect behavior patterns, and discipline your ability to focus.

Additionally, we are told in [2 Peter 1:3-9](#); “His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. Through these He has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires. For this very reason, make every effort to **add to your faith goodness; and to goodness, knowledge; and to knowledge**, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. But whoever does not have them is nearsighted and blind, forgetting that they have been cleansed from their past sins.”

Think of that—the scriptures connect our ability to receive from God, His promises and provisions, to our personal growth, including but not limited to, the growth of knowledge.

3) **You must expect to learn new things and ways:**

It has been stated that **the average man gravitates towards the mirror:** meaning, we tend to stay in areas, circumstances, social constructs, and routines that feel safe and familiar to us. One of the many problems with that is the fact that almost anything that God calls you into, or challenges you with, is going to require you to get uncomfortable. He will call you into un-chartered territory, or ask you to do something that is beyond your current capacity or ability.

As a general practice, you should try adventurous, awe-inducing activities, that make you think about things you haven’t thought about before. Put yourself in uncomfortable

situations that make you ask questions. You must become pro-active in stimulating your mind to grow.

“No problem or challenge can be addressed from the same level of consciousness in which it was created.” *Albert Einstein*

As the world, your family, and life in general continues to evolve, you must stay prepared to understand and meet the challenge. The only way to address challenges and lead in an ever-advancing world, is to keep your intellect under constant development. To solve challenges and problems that arise, you must be at a greater level of understanding than the one that produced the problem.

You must keep growing my friend!

4) Growing your intellect requires intention: If you limit your intellect to what the world exposes you to, you will easily be manipulated and diminished. You must decide for yourself, and then be proactive as to what you are going to grow your knowledge with. Read books and read them often.

Charlie “Tremendous” Jones said; “You will be the same person five years from now as you are today, except for the people you meet and the books you read.”

You determine the content by which you are growing your intellect:

- Increase in areas that are going to move you and your family towards God’s purpose.
- Study the things that pertain to your assignment.
- Learn the things that are going to improve your understanding of human behavior and how to be a better communicator.
- Study how to be a better leader and gain influence.
- Psalms, Proverbs, Song of Solomon increase your appreciation for wisdom, art, and poetry.
- Study information that increases your ability to know trends, cultural dynamics, etc.

5) You must consider the interconnectedness of intellect to your other values: A deficiency in intellect adversely affects your emotional control, your earning potential, and your ability to have social influence. This point is self-explanatory—the less you know the less you are empowered.

- You could be having marital or parental challenges simply because of things you don't know.
- You could be suffering needlessly in your finances due to information you haven't learned.
- Your health could be compromised simply because you are unaware of nutritional matters.

It has long been said that knowledge is power. A better way of saying that is to say that **“applied knowledge increases all of your metron.”**

6) Ultimately, transformation is the result of a change in your mind: The more you can increase your intellectual capacity the greater capacity you have to “think” about prudent and necessary things.

Romans 12:2: “Stop imitating the ideals and opinions of the culture around you, but be inwardly transformed by the Holy Spirit through a total reformation of how you think. This will empower you to discern God’s will as you live a beautiful life, satisfying and perfect in his eyes.”

Any man that has ever tried to change a particular habit or an undesired “bent” in his life through discipline and will, knows the difficulty in such a challenge. He may see minimal affect, but ultimately the old proverbs ring true:

- Roman proverb: “You cannot expel nature with a fork.”
- Englishman’s proverb: “What’s bred in the bone won’t come out of the flesh.”
- Hebrew proverb: “Can the Ethiopian change his skin or the leopard his spots?”

And yet, the scriptures tell us that transformation is achieved by the Holy Spirit doing a work on one’s mind. **The Holy Spirit will transform your life.** But he will do it, not by

goosebumps and warm fuzzies, but by changing your mind. The transforming power of the Holy Spirit within you will affect your mind primarily in these ways:

God will grant you “a spirit of learning” that becomes the premise for everything intellectually. The Holy Spirit will increase your cognitive capacity to know and retain more than your un-renewed mind could have. Your hunger and thirst to know more and more, is the doing of the Holy Spirit.

7) **Ponder often (Meditate):**

- **Josh 1:8** “This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.”
- **Philippians 4:8** “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things
- The science is clear; whatever you give greater amounts of thought attention and the more often you do, you create lasting neural pathways that grow your brain.

We cannot be comfortable with old thoughts, patterns and ideas.
Yesterdays ideas and thought patterns carry the sting of yesterdays
defeats and limitations.

Emotional Mastery: III

Emotional Intelligence: The ability to identify your emotional triggers, good or bad, and to manage them effectively.

[Prov 29:11](#) “A fool gives full vent to his spirit, but a wise man quietly holds it back.”

[Proverbs 15:1](#) (TPT) “Respond gently when you are confronted and you’ll defuse the rage of another. Responding with sharp, cutting words will only make it worse. Don’t you know that being angry can ruin the testimony of even the wisest of men?”

Opportunities have been squandered, marriages ended, families and relationships destroyed, and business opportunities squandered, simply because a man failed to control his emotions at a time when it was most critical to do so.

The 5 components of Emotional Intelligence:

1. **Self Awareness:** This is the ability to recognize and understand ones moods, motivations, and abilities. Also understanding the effects they have on others. To achieve a state of complete self-awareness, an individual must be able to monitor their emotional state and identify their emotions. Traits that prove an individual as emotionally mature include: confidence, the ability to laugh at one’s self and their mistakes, and the awareness of how you are perceived by others.
2. **Self Regulation:** This is the ability to control one’s impulses, the ability to think before you speak/react, and the ability to express yourself appropriately. Emotional maturity in this component is defined as being able to take responsibility for your actions, being able to adapt to change, and the ability to respond appropriately to other people’ irrational emotions or behavior.
3. **Motivation:** This is having an interest in learning and self-improvement. It is having the strength to keep going when there are obstacles in life. It is setting goals

and following through with them. An emotionally mature individual in this category to have traits such as having initiative and the commitment to complete a task, and having perseverance in the face of adversity.

4. **Empathy:** This is the ability to understand other people's emotions and reactions. Empathy can only be achieved if self-awareness is achieved. One must be able to understand themselves before they can understand others. Emotional maturity in this category includes people having traits such as perception of others, being interested in other people's worries and concerns, the ability to anticipate someone's emotional response to a problem or situation, and the understanding of societies norms and why people act the way they do.

5. **Social Skills:** This is the ability to pick up on jokes, sarcasm, customer service, maintaining friendships and relationships, and finding common ground with others. Emotional maturity in this component defines someone who has good communication skills, good time management, the ability to be a leader or manage a group of people, and the ability to resolve difficult situations or conflicts using negotiation or persuasion.

Principles for Emotional Management:

1) You are in control:

- Priests who minister in the outer court: you can mourn for 7 days.
- Priests who minister in the in inner court: mourn for 3 days.
- Priests who minister in the Most Holy Place: 1 day.
- To Ezekiel, God said; "by the morning, your wife is going to be deceased. Mourn now because in the morning, you must stand before the people and lead. There will be no time to mourn." ([Ezekiel 24:15-17](#))

Why would God put such stringent requirements on men to control something we are wired to experience?

- The higher you go in influence/leadership, the more important it is to control your emotions.

- The more effectively you can manage your emotions, the higher you will likely go in your life.
- Closeness to God is always paralleled with emotional management.
- Create some space for yourself
- Practice mindfulness
- Keep a journal
- Practice Listening
- Ask for feedback

2) You possess the tools to improve your emotional IQ:

1. Utilize an assertive style of communication
2. Respond instead of reacting
3. Utilize active listening skills – Be Here Now
4. Be motivated
5. Practice ways to maintain a positive attitude
6. Practice self-awareness
7. Take critique well
8. Empathize with others
9. Utilize leadership skills
10. Be approachable and sociable



3) Physiology is critical to your emotional IQ:

The difference between talking with your fists clenched or your teeth gritted as opposed to not is quite substantial. Pay mention to your physical posture when you are experiencing movement in your emotions. Specific neurological functions within our brain are responsible for certain factors as a response to perceived threats or disruptions to our well-being. An elevated heart rate, the tension of muscles, blood pressure rising, rate of breathing increasing, and bursts of energy that may last for several minutes. These are but some of the things we physically encounter at times. In other words, our brains are wired in such a way as to influence us to act before we can properly consider the consequences of our actions.

Intentional Physiology becomes quite critical in managing the effects of these natural body functions. The more you can learn to regulate these factors the greater chance you'll have to make good judgements and decisions. Picture two guys arguing. Chest to chest, nose to nose. Volume continues to increase. They are both standing there with fists clenched ready to go. How different would that scenario turn out if they both simply sat down? Quite differently I imagine.

Every emotion has a corresponding physical expression. You can either be defensive or pro-active with it. Open your fists and your teeth, you'll relieve tension. Breathe slower and deeper and walk around a bit, you'll clear your thoughts and reset your mood. Stand up straight, you'll feel more confident. Do whatever you have to do to regulate the effects in your body as well as limit their role in choosing what you say and do.

4) Language is critical to your emotional IQ:

For centuries the experts have operated on the assumption that language was relegated to being expressive or reflective of our emotions. Only in recent decades has the psychological community began seeing the power of language to assist in managing emotions rather just describing them after the fact. In other words, our language has a lot more power than to simply describe what we are feeling. Our words have the power to create perception or give new meaning to an emotion and even reshape their nature.

Greatly simplified ... you may not be able to stop your breathing, heart rate, blood pressure, muscle tension, and bursts of energy from elevating, but by your language you can determine what it all means and how you'll respond to it. It's a powerful tool to use to take control of that internal commentator that just never shuts up.

Every one of us needs to be a builder of our own vocabulary. We need to commit to language that avoids words that incite negativity and escalate situations unnecessarily. In the middle of an emotional escalation is not the most ideal time to try and do that. A person in pursuit of completeness must discipline their vocabulary and stick to it at all times and in all circumstances. Someone once said "be sure to taste your own words before you spit them out."

"Vocabulary is a matter of word-building, as well as word-using."

David Crystal

Language patterns and phraseology are easier to correct than you might think. It just takes some analyses and a commitment to change it.

Since we know that if you want to change your life you must change your mind ... and thoughts are the results of words (or, words create thoughts) then a better way to say the former would be; If you want to change your life, change your mind about your vocabulary." If you want to change other people's lives, then make your vocabulary something others gravitate to.

Ask yourself the question ... "Are there specific words that I use often that summons negative emotions in me?" "What are the words that reinforce limitations?" "What do I regularly say that supports insecurity and a negative complex?" Write these words down, cross them out when you have replaced every single one with words that incite vision, faith, hope, clarity, and confidence."

In short, your emotions are the body's reaction to the activity of your mind. Take control of your vocabulary, and you'll take control mind. Take control of your mind and you'll get control of your emotions.

5) Focus is critical to your emotional IQ:

Whatever you focus on captures your energy. When you focus on the things that are wrong, what you don't have, who's holding you back, and a host of other negative directions, your energy will drain out of you. Where you direct your focus determines your intentions. Every one of your internal systems follow your intentions. I love what the book of Proverbs says: "Let your eyes look straight ahead; fix your gaze directly before you."

This is one of the ways you control the internal narrative that goes on in your head. All of us have these ongoing conversations or narratives within ourselves. Those are the most important conversations you'll ever have. Because at the end of the day, you will either convince yourself into completeness or you'll talk yourself out of it.

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." *Phil 4:8*

If you focus on how things once were, you will miss out on how things can be. If you focus on lack, scarcity, revenge, regret, etc., you'll get more of the same. But you are becoming complete ... You are gazing at what everyone else is not. You are looking at the things that no one else can see at the moment. And in time ... You'll have what few others have!

6) Beliefs and values are critical to your emotional IQ: What if your emotional responses were auto responses to something you believe to be true that isn't?

7) Empathy is critical in your emotional IQ: Having the ability to feel how others may be feeling or thinking about an issue can go a long way in managing your emotions.

Being cognizant of how the words you use, expressions you make, and tones you use may or may not be affecting others puts you in a superior position to steward not only your own emotions, but also the "mob posture."

Men, we must set a higher standard because our children will learn what they live:

Unchecked / uncontrolled emotions
Create a negative environment.

Being self-aware and emotionally intelligent creates a positive environment.

If children live with criticism
They learn to condemn.

If children live with tolerance
they learn to be patient.

If children live with hostility
They learn to fight.

If children live with encouragement
they learn confidence.

If children live with ridicule
they
They learn to be shy.

If children live with praise

learn to appreciate.

If children live with shame
They learn to feel guilty.

If children live with fairness
they learn justice.

If children live with security they
learn faith.

If children live with approval
they learn to like themselves.

If children live with acceptance and
friendship they learn to find love in
the world.

Family / Tend to your garden: IV

- Adam, the first man, was given two primary responsibilities: 1) tend to this Garden, dress it, and keep it ... and 2) make the rest of the world be a reflection of it. [Genesis 2:5](#) Other parts of the world were to mirror man's success with Eden. This would naturally occur if he took his responsibilities seriously. Tend to this garden, protect it, and make it more fruitful.
- The Garden of Eden: Garden (gan) means: "an enclosed, protected, and sheltered place." Eden (eden) means: "a place of delight, of pleasure, and of bliss."
- Your family and home is where every man's purpose begins. This are your Garden of Eden! A protected and sheltered place where you are to create and maintain delight, pleasure, and bliss.
- FIRST and FOREMOST, you are called to lead your queen and your family to follow after Jesus and to model what "Christ-fellowship" looks like. You must lovingly lead them to respond accordingly.

Many men waste an exorbitant amount of time, focus, and energy, trying to find a cause. They need something to get them up in the morning and a reason to be more, have more, and achieve more. My prayer is that every man will begin to see this liberating, empowering truth ... that what you've been looking for all along, has been right there under your nose. If you'll accept that fight, the rewards are enormous!

Dominion and Purpose Must Begin in the Home. This is Your Eden!

Principles for managing your family:

- 1) Before a man can grow and lead a family he must reconcile the “father” relationship.

Father Fractures:

Consider this: after making God first in their lives, the first issue David’s cave dwellers addressed was fatherhood. Whether their father had been absent, disconnected, disengaged, abusive, or indifferent—the fractures were still there.

As a man seeking completeness, you must fix the relationship factors that are primarily influencing your view and perspective of your heavenly Father.

A man’s perspective of God is a reflection, in part, of his relationship with his earthly father.

The development of masculinity: boyhood—Boyhood—Cowboy—Warrior—Lover—King—Sage (John Eldridge—Wild at Heart)

Each stage builds on the assumption that every need was successfully addressed in the previous stage. If we miss an affirmation or experience, there’s a flawed basis upon which to build in the next stage.

- At some point men, you have to get tired of showing up at new seasons in your life unprepared and ill-equipped to receive maximum benefit from them.
- A deficit from or during one stage carries over and synergistically multiplies the deficiency in the next stage ... and the majority of life’s dysfunction in men are rooted in the boyhood stage.

Without clarity of purpose and direction ... and without the healing of our father fractures, men tend to be:

- Constantly in search of affirmation and significance

- Emotionally unresponsive
- Four times more likely to wrestle with poverty
- Transfer blame instead of taking responsibility
- Doesn't know how to be intimate unless it involves sex
- Self-esteem issues
- Constant need of acceptance and approval
- Struggle with sexual promiscuity
- Make stupid decisions driven by insecurities
- Lack of leadership success

Here are some of the expectations and factors that have been pre-wired into our subconscious:

- The need for affirmation of our identity.
- The need to be believed in.
- The need to be loved
- How to embrace our uniqueness
- How to love and treat women, in all contexts ... sisters, mothers, wives, aunts, etc.
- How to handle adversity and conflict.
- The premise of our world-view.
- The assurance that we're valued and approved.

Matt 3:17 Jesus comes out of the water and hears, “This is my beloved Son in whom I am well pleased.” Then, mastered 3 giant temptations that were prefaced by “If you are the son of God ...”

If Jesus needed his Father's affirmation, so do we!

[Psalm 51:5](#) “Behold, I was brought forth in iniquity, And in sin my mother conceived me.” Consider the following concerning David:

- His brothers also resented him and did not welcome his presence.
- His father was embarrassed by him and relegated him to menial tasks.
- King Saul, who became a father figure to David and eventually his father-in-law, turned on him and even tried to kill him multiple times.

David constantly made comments, such as:

- “Please don’t hide your face from me.” — “Cast me not away.”
- “Don’t leave me alone.” — “Please don’t forsake me.”
- “Don’t hide yourself from me.”

What was behind David’s incessant worrying and fear that God might leave or forsake him? Could it have come from the flawed father model during his childhood years?

Here’s our solace: [Psalm 68:5](#) says, “A father of the fatherless and a judge of the widows, is God in His holy habitation.” God promised us this knowing in advance that we would all have deficiencies in our lives that were father related.

The woman who came to Jesus asking for a miracle for her daughter, in a relentless pursuit of His intervention, refused to be denied. Her great faith got her a miracle that she was indeed many years too early to receive. (The door to the Gentiles wouldn’t be opened until after the Day of Pentecost and after Jesus’ resurrection). If Jesus can reach into the future and secure a blessing for a woman, how much more can God reach into your past and remove the sting and devastating influence of our father fractures.

Whatever your father should have done for you, said to you, and affirmed in you, God has promised to step in to your life and see that those things are restored to you.

We must walk in healing fro our father issues, or we will continue to perpetrate the same damage to our children. Hurting sons make hurtful fathers.

Application points:

Forgive your father. That doesn't mean you'll have to "feel" it. Forgiveness is objective rather than emotional. It will also help you separate your personal pain from his mistreatment and then release it. In time, you'll learn to effectively feel it, but not right now. If you wait to "feel" forgiveness, you'll never extend it. Justified or not, your father had his own reasons for his actions, or perhaps his own private demons to deal with. Most likely, it's all unknown to you just as it may have even been unknown to him. This is what Jesus said: "Father forgive them, for they know not what they are doing" ([Luke 23:34](#)). When you forgive, you must surrender your personal demand for justice to a God who knows how to deal with it. Let people off your hook and onto God's hook so you can be free.

Pray for your father. If he's still living and it's possible, the most powerful and liberating way is to pray for him in person. If that's not possible, pray anyway. Ask God to let you see your father through His eyes of mercy and compassion. Gordon Dalbey says, "**A little boy cries *FROM* his father's wounds, but a healed man cries *FOR* his father's wounds.**" Even if he has passed from this life, seeing him in a different way will affect your conversations about him. It will also build your character as a man.

Honor your father. To honor him doesn't condone his actions or the way he did or did not treat you. Neither does it mean you have to re-engage in a relationship that may be hurtful and toxic. It merely taps into and releases your own God-given ability to do good when it's neither merited nor deserved. This is God's way. In fact, it's what He did for you. The best way to honor your father is by becoming the man God has purposed for you to be.

Thank God for your mentors. My father loved the old saying and used it often; "If you ever see a turtle sitting on top of a pole, you can safely assume someone put it there." A turtle can't climb a pole by itself. If you're going to be free and healed, you'll need mentors to help you get there. Search for mentors who can present new models of fatherhood. Since there are seven different dimensions of life, no father can be perfect or all-encompassing. That's why you'll need more than one earthly example of fatherhood. You'll need a mentor for business and money, for family and inter-personal relationships, for intellect and emotions, health and fitness, and other protocols of masculinity.

Commit your masculinity to God. In [Psalm 31](#), David said, “I commit my spirit into your hands.” Most people think of that statement as Jesus’ last words on the cross when He said, “Father, into Your hands I commend My spirit” ([Luke 23:46](#)). But Jewish scholars refer to this as a staple prayer of young Jewish boys. Every night before bed, this is the prayer they speak to God. It means: “Heavenly Father, I commit the well-being of my fragile masculine spirit to You. If there’s any lack or deficiency, I trust that You will safeguard me and make up the difference.” This is a great way to commit the fragility of our masculinity to our perfect Heavenly Father.

Continue developing new patterns. Lasting change doesn’t come quickly or easy. Along the way, you’ll have challenges and setbacks. Start paying attention to those reoccurring behavior patterns that are self-destructive and self-sabotaging. You may not be everything you want to be, but you’re far from where you once were. So, give yourself some grace and some time. It takes a while to develop and stick to this new narrative of life. As someone once said, “Long-term obedience in the same direction will always get you a payday.”

Construct boundaries in your life to safeguard behavior and conduct!

Now, let’s finish up with David’s first order of business: [1 Sam 22:1-5](#). He enters the cave broken, defeated, hopeless, and disconnected ... his family comes, 400 more men come, BUT ... the first thing he does is make sure his parents were protected, and makes things right with his brothers.

Letters:

- [Job 33:31-34](#) Listen to me in silence ... My sheep hear my voice.
- The exercise of writing letters isn't about trying to become authors, rather, it's about lending our mind and our pen—From a surrendered heart—for the Holy Spirit to speak to and through us very necessary things "holy men of old spoke and wrote as they were moved upon by the Holy Spirit." Something profoundly prophetic is going to happen with you tonight. To God—from God—to your dad—from your dad.

2) Masculine strength is measured by your passion to protect your family: Your family is worth fighting for; not just because they're a good thing, but because they're a God-thing! Your adversary, the devil, has a battle plan, and your family is the intended spoils of his warfare.

In [2 Peter 1:5-7](#) We are admonished to add to our faith virtue: The Greek word for virtue is "Arete" meaning excellence in strength ... or "masculine excellence."

In the context of 2 Peter, most translators lean towards moral strength ... the Greeks however, typically used this word in the context of "muscular (or) masculine" faith. ... In the battle between Persia and Greece in the 5th Century, the Persians tried for 50 years to defeat the Greeks and couldn't. The Persians drove their enslaved men into battle with whips, and prods, trying their best to motivate them through shame and fear.

However, the Greek spartans fought as free men. They fought for their families and their land. The word "arete" to them was about adding focused strength to their battle ... (or) a pure and moral cause ... focussing on their families and their land gave specificity to their faith that produced a superior strength.

The way to elevate your posture as a man, and the first thing to add to your faith in God, is clarity concerning your family and home. That's the source of masculine strength and excellence. Don't try to fix the world until your willing to fight for and defend your own garden.

3) If you fight for your family God will fight for you:

In the book of [Nehemiah](#), there's a powerful analogy that shows the reality of this fight. After seventy years of captivity in Babylon, King Cyrus finally gave the children of Israel permission to return to their land and rebuild their temple. He even provided the finances to rebuild it. While many adversaries conspired against them on a daily basis, they kept working. It took twenty years to complete the temple, but they finally finished it!

Then they realized that the temple would be in jeopardy without a wall around it for protection. The wall would defend them from their enemies and protect their community and house of worship. So every man was assigned to build a particular section of the wall. It just so happened that they were building their homes into the structure of the wall. Better said; a solid wall consisted of solid homes. Each man's home and the space surrounding his home was the territory he was assigned to build. Essentially, each man built his house, and joined with other men doing the same, to form a wall, which in turn would fortify the temple.

In [Nehemiah chapter 4](#), something incredible happened. Israel's enemies heard about this wall being built, they strategized to come against them and destroy them. But when Israel's leaders learned about their plan, they said ...

“So I stationed people behind the lowest sections of the wall, at the vulnerable areas. I stationed them by families with their swords, spears, and bows. After I made an inspection, I stood up and said to the nobles, the officials, and the rest of the people, “Don't be afraid of them. Remember the great and awe-inspiring Lord, and fight for your countrymen, your sons and daughters, your wives and homes ... Whenever you hear the sound of the trumpet, rally to us there. Our God will fight for us.” [Nehemiah 4:13-14, 20](#)

So as they built the wall, every man held a trowel in one hand and a sword in the other. It only took 52 days to complete it. Imagine that! It took 20 years to rebuild the temple, but only 52 days to build a wall of protection for their families. Every man was building and fighting, not for just a wall, but for his family! With all their hearts, these men believed ... ***If you fight for your family, God will fight for you!***

4) You must develop effective Patterns when it comes to leading your family: A man who is committed to fighting for his family and home can be easily recognized:

- **He prays, works, and provides for the needs of his family before his own.** Nothing is more pitiful than seeing kids wearing worn-out shoes, while dad has the latest watch, phone, or toys. And, There's nothing more impressive or attractive than a man who loves, honors, and respects his queen, admires and protects his kids, and leads each of them into their God-given destiny.
- **He leads by example.** A man doesn't reproduce what he wishes, he reproduces what he is. Show your family what submission to God looks like. Show them what prayer, fasting, and worship looks like. Live as if the only way they'll ever see Jesus is through your example. If you do, they'll begin their own relationship with Christ soon enough.
- **Most families spell love t-i-m-e.** One way to communicate your love for your family is simply by spending time with them. A school play, sporting activities, and family games around a kitchen table, weekly date night with your wife speaks volumes. (Once a week, take the time to thoroughly enjoy each other.)
- **The truth is, everything that you schedule will get done.** Often, executives and professional athletes who are notorious for scheduling conference calls, product roll-out dates, business meetings, to-do lists, practices, and training sessions, will be committed to schedules. But when asked to show their schedule for quality time with their kids and a weekly "date night" with their wife, It's usually not on their schedule. Most say that those events should be spontaneous and organic. Really? As opposed to not happening at all? If it isn't scheduled, it usually won't be remembered. EVERYTHING in life that matters should be scheduled. Forming a habit of scheduling these sacred things will show your household how much it really matters and how intentional it is for you.
- **Pay attention.** You should know what is lurking around in your home—both spiritually and physically. Numerous unseen forces are also fighting to lead your family away from God and His purposes. You should keep your finger on the pulse of every member of your family. Not by dominant micro-managing or smothering, but by praying for awareness and discernment—and by simply walking around with your eyes open!
- **Be an "edifier."** The word edification (*oikodome*) that's used 20 times in the New Testament, literally means: "the building of a house." A man fighting for his family is

not just maintaining an aggressive posture outside the home against all adversaries. It also means that you're digging deep and calling out the best in every member of your family. The rest of the world ... friends, bullies, school, peers, etc. will take care of the criticism and negativity. What you need to do is speak life over your family with a loud voice—even if it seems that you're speaking into dead things. A mighty man must develop the ability to edify.

5) You can't let busy-ness pull you away from doing the actions of Love:

(LOVE, pure and simple is an action)

- Staring into the eyes of another for 3 minutes a day causes the two heart rates to synchronize.
- Holding each other for 5 minutes a day without leading to sexual intimacy is paramount to soul connection.
- Dates will always remain mandatory!
- If you're too busy to "DO" love, then you're too busy to succeed.

6) You must effectively manage your appetites to walk in holiness as a husband/

father: (1 These 4:3-5) "It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is holy and honorable, not in passionate lust like the pagans, who do not know God;"

7) Language is a requisite to being a good husband/father:

Reinvent your vocabulary when it comes to addressing your spouse: Within every woman, there lies both a queen and a peasant ... If you want the queen, then talk to the queen in her !!! Likewise, in every man there lies both a king and a fool. Talk to the king in him and kingliness comes forth.

The Social Dimension: V

“We are the average of the five people we spend the most time with.” *Jim Rohn*

Proverbs 13:20 says, “He that walks with wise men will be wise, but a companion of fools will be destroyed.”

Life moves at the speed of relationships and also reflects the quality of those relationships. That means ALL of your relationships.

Principles for managing your social dimension:

1) Your social dimension involves more thought and strategic consideration than the family you were born into:

You social circle consists of the people you choose, and while adding a different value than your family, are as important as family. Like any of the other values of your metron, they are critical to the success of the totality of your life.

There must people in your circle that are there by choice. People whom you’ve decided to interact with and show the Love of Christ with.

2) Our vertical/horizontal perspective is the premise for a healthy social life: These are inseparable perspectives!

- You are your brothers keeper! (The Cain—Abel question?)
- Your concern for your brother is a reflection of your perspective of you.
- Jesus said pray “Our Father in heaven—not my father in heaven.
- Most benefits in the kingdom are meant to be enjoyed in the context of community.

3) Building a great social circle is messy: Relationships are wonderful and they add a great deal of color and value to your life, but they are also difficult and sometimes messy. They require a great deal of work. Work however, that will always pay great dividends eventually.

It has been said that “symbiotic living is very necessary for humans to live in harmony and to grow to new heights with the help of each other.” Not just a group of friends to hang out with, but groups wherein our existence and participation in, center around common interests and life-themes, making them a source of challenge, development, and growth.

4) We are a tribal or communal species.

- We are our best when we live *FROM* the context of community. Being introverted makes it slightly more difficult to build a social circle, but not impossible. You just have to work a little harder for it. But, being anti-social means you have an outright aversion to being around other people at all. This could be the achilles heal of your success.

Social networking websites such as Instagram, Facebook and others, are popular today because they connect like-minded people through groups, interests, and subject forums. However, don't let a digital community reduce your evaluation of relationships to amassing contacts, acquiring “friends,” or monitoring the daily posts of other's lives. You need real-life social circles that demand more engagement and commitment from you than a periodic post.

5) The benefits of a good social circle outweigh the liabilities.

- Having friends is good for your health. Your laugh is different.
- Friends can help you achieve your goals—resources, networking, and generosity based on a give/take.
- Help you cope with traumas, such as divorce, serious illness, job loss or the death of a loved one. Often more able to be committed to you, but not as attached to the issues.
- Accountability concerning life habits. Friends will tell you the truth based on a different vantage point than family.

- Improve your self-confidence and self-worth, give you a sense of belonging and purpose.

6) A good social circle requires strategy and categorization: Jesus had his social circles outside of His family:

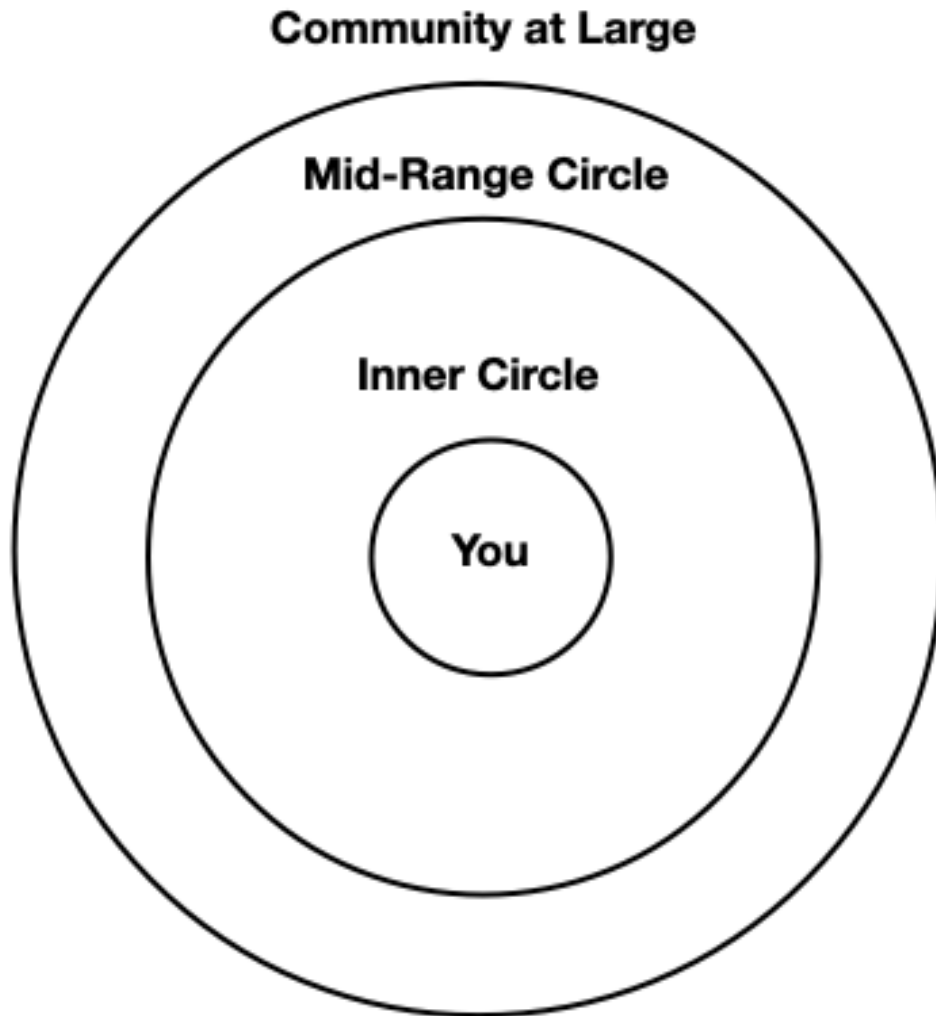
- The multitudes.
- The 12 disciples.
- The inner circle of Peter, James, and John.

Here's a good way to categorize your social circle:

Your community at large circle: According to anthropologist Robin Dunbar, we have a biological limit of maintaining around 150 social interactions at the same time, with day-to-day interactions with about 50. These will be the people you invite to birthday parties, weddings, baby showers, holiday picnics and backyard barbecues.

Mid-range Circle: 15-20 People you'd like to know more about and get to know better as opportunities afford. They're meaningful relationships but you won't remember their birthdays or anniversaries necessarily.

Inner Social Circle: 5 The people you want to spend the most time with. You remember the most important dates and details about their lives. These are the ones you'll make significant sacrifices for, walk with them through dark times, and want to share your life with.



You can't really go out tomorrow and staff the three primary communal circles of your life. They need to occur somewhat organically. However, if you can see the lack of clarity in your social life construct, then try this exercise:

Start by writing down the names of the people in your life. If you already know where they belong in your social circle construct, then put them there. Remember, the relationships in your mid-range circle and community at large will be a bit more fluid than your inner circle. Time, family responsibilities, job transfers, etc. will move people around some. Don't worry about all of that. Let it ebb and flow as it may. Just be there when you can and value the level of relationship you have with them when you have it.

However, you should be more purposeful about your inner circle. Seek to add as much value to them as possible. [Proverbs 18:24](#) “A man that hath friends must shew himself friendly: and there is a friend that sticks closer than a brother.”

7) Accurately identifying your social circle will help you better manage your personal resources of time and energy:

As we have already stated, not everybody is deserving of your time and investment. Not everyone knows what to do with what you pour into them. You have a measured amount of time, energy, and focus capacity—you must use it wisely. Jesus showed His love and empathy for all people, and gave of Himself tirelessly—yet, in [John 2:24](#), after ministering to the crowds of people, it says of Jesus: “But Jesus did not commit Himself to them, because He knew all *men*.” He knew they were following him for the miracles and the excitement, but ultimately would not be loyal and committed to Him in their hearts, so He reserved some of Himself.

The Complete Man's Fitness: VI

1 Cor 6:19-20 “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.”

What do Warren Buffet, President Obama, and Dr Dre have in common? Other than being successful and at the top of their game, they are all avid fans of exercising daily and see it as integral to the success of their lives.

Seven principles for managing your physical health:

1) Fitness isn't really about weight, size, or muscularity:

- There is a myriad of reasons why people that exercise daily do so: Pure vanity—it's their profession—to deal with generational or genetic concerns—the camera—insecurities— and the list goes on ... mostly driven by insecurity.
- You cannot get hung up on waist size, weight, or whether or not you have a six-pack for abs.
- A Complete Man's fitness is about being healthy and living a long life.
- A complete man sees fitness differently. It is a way to nurture character traits such as discipline, commitment, toughness, and mental clarity.

2) You must consider the interconnectedness of your values when it comes to fitness:

- Nearly all really successful people not only include a daily exercise regimen in their lives, but see it as integral to their overall success.

- When we talk about the inter-connectedness of the 7 values it becomes easier to see that successful people value fitness, not so much as an end-game, rather, they value the benefits that spill over into all other areas of life.
- Again ... You need clarity of your whole-life purpose so that single values of your metron don't become the entirety of your life. If the goal is to hang out at the beach all day and look good, you're simply lost.

3) People will judge your influence capacity in part, by what they perceive as laziness or lack of self-control:

- As a man, your most valuable commodity is your ability to influence. People will not follow men they perceive to be un-disciplined.
- You don't have to be a physical specimen, but your discipline and commitment should be somewhat visible.

4) Exercise should be considered an ACT of worship along with a TIME to worship.

Romans 12:1 “Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.”

We glorify God in our bodies by:

- Exercising with consistent diligence.
- Always be presentable. We are ambassadors/representatives of Christ.
- Guard it from lustful cravings, defilement, and dishonorable activity.

5) Fitness requires an intentional plan, not necessarily a gym membership:

- NOT 20 push-ups twice a week or piddling around with dumbbells in your garage for 10 minutes on Saturday morning.
- Neither does it have to be a hardcore 7 day a week 2 hour gym routine.

- It DOES need to be a daily commitment to an exercise program that challenges you, requires some sacrifice, discipline, and stickability.

6) Daily exercise produces many benefits other than muscles:

- **Clarity of thought.** When you engage in fairly intense physical exercise, your body goes into a “fight or flight” mode which triggers and releases an endorphin called “Brain Derived Neurotropic Factor (BDNF)” that gives you the ability to think more clearly and better respond to business demands.
- **Exercise nurtures your competitive nature** ... even if the opponent is the old version of yourself. Your commitment to be a better version of you will always compete with the old version of you that wants to return to what is comfortable and most familiar. Resist! The disciplines learned will carry over into your work place performance and productivity.
- **Exercise nurtures your problem solving ability.** Entrepreneurialism is essentially getting paid to solve problems. When you have to work through soreness, which exercises work for you and which ones don't, and how to fit them uncompromisingly into your daily schedule, you are developing valuable skills that can benefit you throughout other areas of your life.
- **Daily exercise assists in your goal setting skills:** Since exercising naturally produces all kinds of good biological vibes, there's a component of a daily regimen that keeps you reaching for more. As the scale, your clothes and the mirror become more friendly to you, you will automatically find yourself setting new goals. Adding another mile to your run, or a new specific exercise to your routine. Again, benefits in one dimension equate to benefits in another.
- **Stickability.** The person who exercises daily has committed to a regimen, nutrition, and getting plenty of sleep. So much so, that rain, snowy days, and being tired aren't enough to derail your progress. Think of the value of this when it comes to finishing work related tasks, making those necessary sales calls in spite of a few rejections, etc.

- **Exercise improves your quality of sleep.** Because of an incorrect idea of what busyness represents in our culture, we have a sleep deficiency problem in America. You need good quality sleep and then you need to bounce out of bed and live!
- **Daily exercise gives you an edge.** According to a research study by Vasilios Kosteas, Ph.D., of Cleveland State University, it was established that exercise increases cognitive function and confidence—both building blocks of financial success. Some eye-opening numbers from the study:

The percentage by which a master's degree raises earnings is 6%, yet the income of people who exercise regularly is an increase of 9%.

7) You can start your fitness focus TODAY:

- Be innovative and diligent in addressing your need for fitness. Park further away, take the stairs, get a step counter, move around a little bit every hour, create ways to move while working-watching TV- talking on phone-etc.
- Walk around the block before you get in your car and before going into the house.
- Plan your meals. Plan well before even going to grocery shop.
- Plan your exercise at the beginning of the week. Don't just say you're going to go out and get a little exercise. Have each day accounted for.
- Monitor your water intake. Soda doesn't really count as your water intake. Neither does wine and beer. Carry a jug around with you and drink throughout the day.
- Say no to indulging junk food. You are what you eat! Avoid the stuff that makes you feel sluggish, gain weight, suffer with heart burn, etc. You can google a million ways to eat healthy.
- Avoid slumber and inactivity. The experts are now telling us that sitting is the new smoking. Meaning, the adverse effects of sitting around for longer periods of time are doing significant damage to our overall health.

The Complete Man's Finances: VII

Proverbs 3:9-10 "Honor the LORD from your wealth and from the first of all your produce; So your barns will be filled with plenty and your vats will overflow with new wine."

Proverbs 21:20 "Precious treasure and oil are in a wise man's dwelling, but a foolish man devours it."

You Are The CFO of Your House!

Principles to improve your financial acumen:

1) Your attitude concerning money is a reflection of other life values:

With too many men, their financial life is not motivated by good facts, data, and realistic goals. Instead, their financial actions and pursuits are more of a reflection of their ego, insecurities, rejection, and a host of other personal deficiencies. Many of them:

- Never connect their money issues to a deficiency in personal development.
- Had inadequate or even flawed models of finance/money management.
- Have been incorrectly taught money ideals.
- Continue to operate financially in the dark ...

Why did you buy that car you can't afford? Why do you spend money already allocated for something else? What makes you have those "Ah forget it" moments where you take a purchase plunge when you're already tapped out.?

It's not always because they don't understand basic arithmetic. It has more to do with them not doing the work in other dimensions of their metron.

2) Understand the nature of money:

- You must avoid the trap of chasing after money and material things as an end-game. Chasing the material nature of money has poor outcomes. Comparison, greed, over-extension, etc.
- Money can't add value to you as a person. It does not make your character better. It does not automatically give you happiness or peace.
- What it does, is make it easier for you to have meaningful life experiences, more than the average person. It will give you more choices, but in order to maximize the wider range of choices, you need to be sound in your emotions and character.

Money is generally defined as payment for goods and services and repayment of debts in a given country or socio-economic context—a medium of exchange; a unit of account; a store of value; and, occasionally, a standard of deferred payment. “Money is but a token for purposes of exchange.” *Plato*

How does it become the ultimate pursuit and the standard of measurement of one's self-worth?

The fruit of your life should not be enslaved to either the lack of money nor the abundance of it. Your life shouldn't dramatically change on the basis of the amount of money you have ... perhaps a lot of it can enhance your capacity in life, but you're not relegated to a lack of experience and adventure without it. Money and resources follow vision. The clearer you are on what you're doing and where you're going, money seems to just find you. The healthy fruit money should produce in your life is:

3) Understand the Five Primary Purposes of Money:

- To advance God's kingdom.
- Life sustenance: inventions, things that solve problems ...
- Experiences:
- Adventures:
- Preparing the next generation to bear the same fruit: An apple tree doesn't bear apples so it can look good. It exists that you might have a great experience, and many other

besides you. (You don't have a great experience just so you can) You nurture the tree to keep producing and you plant the seeds so the next generation can have what you have but in greater abundance. Every generation should be able to stand on the shoulders of the previous one and go further and faster than they did.

You need to be aware of three things:

Income: What are your consistent and dependable revenue streams? Don't factor in your bonuses, you'll have it spent before you get it. Don't include extra one-time money, it may only be one time.

Expenses: Fixed expenses and needs. Don't cling to them too tightly because after your reality check, you'll be coming back to take another look. Needs, not wants.

Reality Check: Periodically, you have to weigh expenses against income. If your expenses outweigh your income, you have to dial it down. Sell some stuff, simplify your life rather than bust your tail trying to quickly increase your expenses. You won't be in the proper head space when you're trying to earn to keep up.

4) **Contentment will not spoil your hustle and drive:** There's a difference between being content and being satisfied. It's not going to take away from your earning mojo to be happy with what you have. Contentment will put you in a better frame of mind to be more creative, innovative, and tenacious. Is it imperative that you live in the 10,000 square foot house, or will a 4,000 one do for now? Do you have to have three cars or will one or two do for awhile. Do you have what you have because you need it for personal contentment, or are you trying to keep up with people who aren't impressed anyway, and probably don't even notice?

5) **You must be aware of the 2 "Wealth Thieves:"**

- **Interest:** Those who understand it—earn it! Those who do not—pay it!
- **Depreciation:** A reduction in the value of an asset with the passage of time, due in particular to wear and tear. Usually these two thieves work in tandem. It is common practice in the west to finance things that depreciate in value. Cars, toys, clothes, etc.

6) You must be aware of the 2 “Wealth Builders:”

- **Equity:** Don't resort to cashing in your equity every time you find yourself in a financial challenge. Build for the future.
- **Compounding Interest:** The interest you earn on your interest.

7) Know the three types of money mindsets:

Most often, it is the specific mindset that people have that governs their decisions, choices, and behavior involving money:

- **Consumers** ... life is happening for me. This is where most people live. It represents the masses. Get everything you can get now, use it up and then get some more. If they see it they want it, and they'll run themselves ragged to get it. Consumers tend to spend more time chasing after vanities. Vanities is an old English word originating with soap makers. When all the mixed ingredients would come to a boil these incredible looking bubbles would begin to float upwards. They looked so substantive ... like you could grab them and frame them, or put them on display somewhere. But as soon as they'd touch one it would burst and they would be left with sticky soap suds in their hands. They called these bubbles, vanities. Consumers are slaves to soap bubbles. They are motivated by these fantastical ideas that certain material things are going to change their life. They HAVE to have them. Then when they get them, at almost any cost, they aren't what they thought they were. Nothing left but sticky soap suds in their hands. While there may be a little bit of hoarder in all of us, it's being a typical consumer-minded person that you want to grow past. This mindset can make you more susceptible to manipulation. Consumers can be swayed to get the newest and most updated gadgets. From phones, services, to fads and trends. Vendors can always count on Consumers to do whatever they have to do to get the latest thing. Consumer psychologists refer to it as “behaviorism.” Meaning, you are driven by some kind of external stimuli, and can almost always be convinced to do things because of some outside influence. Most of us chuckle at the example of a teenager who has to have the absolute newest iPhone. They'll be laughed at for having “that iPhone that is sooo six months ago.” Their self worth, their popularity, and perhaps even their destiny is connected to their need for it. The consumer parent will argue dismissively about how

silly that is, all the while they are the same. It's just bigger toys, older friends, and less time so more urgency to everything.

- **Scarcity Protectors** ... life is happening to me. Protect, guard, and scarcity is their prevalent mindset. They're always careful .. too careful. They won't take their family on vacations or camping together because it might take away from their savings. They have everything looking solid and substantial on paper, but the people they care about grow up without adventure, and few noteworthy experiences to enrich their lives. They don't know how to live a little it. They agonize over budgets, retirement plans, IRA's, etc. They are always concerned with how many slices they can get out of the pie, rather than seeing that there are plenty of pies.
- **Stewards** ... life is responding to me. This is the mindset that sees money correctly and positively. Stewards tend to take more responsibility for what they have and why they have it. They don't appreciate being manipulated into things, nor are they content to shrivel into a cocoon of scarcity. They understand that life will respond to them and their actions and choices. If they make wise choices, life will yield positively for them. They are always looking to solve problems, produce things, innovate experiences and adventures to make the lives of the people around them better.

The Golden Rule of Money Stewardship

- 10% to God. Tithe on all your increase.
- 10% to yourself. Savings and investments.
- 10% for generosity. To help your fellow man.
- 70% to live on.

Characteristics of a healthy financial understanding:

- Generosity! To God and to others. Generosity activates an uncommon flow of provision and resource into your life.
- Contentment! Wealth is not measured by how much you have (accumulation) but rather in how little you need.
- Resilience. From rags to riches is usually celebrated ... the other way around usually speaks of devastation ... (consider God's pattern) From heaven to earth and back to heaven again. Don't be surprised if your experiences follow suit. Putting God first in your finances will ensure that while you may experience set-backs, you will ALWAYS bounce back.

Conclusion:

Creating Your System

After successfully completing this discipleship course, and dissecting over several weeks, now it's time to strategize your systematic plan to address your personal metron.

What will be your new patterns? How will you manage the stewardship of your time? How will you include consideration for all 7 values in your daily routines? These are just a few of the factors you need to consider. Here are some helpful ideas.

Assess Your Stewardship: None of us are unlimited when it comes to our personal life resources. We all have a measured amount of energy, time, and focus capacity to work with. A successful person will always be cognizant of how they are stewarding themselves. Consequently, you must be able to identify the worthiness of anything or anybody that requests the investment of your time, energy, and focus. Not everybody has to have you. Not every activity is going to move your life forward. You have to be aware of the people and activities that pull energy and virtue out of you without putting anything back into you. We are not wired to function indefinitely in a state of deficit. You have to do two things well:

- Effectively manage to whom or to what you give your time and energy to.
- Create and then guard the activities you engage in that replenish you.

Effective assessment begins with explicit clarity concerning your desired outcome and your commitment to it. You have to buy in to the time-tested concept of the metron. The equal and simultaneous development of all seven life-dimensions must be your ultimate objective.

You start by assessing as much of your life and activity as possible. Make a list of everything you do on a fairly regular basis.

- Meal prep and grocery shopping.
- When you pay your bills.
- When you exercise.
- Working around the house/yard.
- When you answer emails, and peruse through your social media.
- Returning phone calls, doing reports.
- Family activities and leisure time.
- Personal hobbies.
- Self-improvement time ... reading, prayer/meditation.

Every man's list is different. Productive assessment involves being able to identify where your time, energy, and attention regularly goes. When your list is complete you need to ask yourself these questions:

- What are the things that drain you the most?
- What frustrates you?
- What is adding value to your life-dimensions?
- Where are you wasting a lot of time?
- What are you doing that is counterproductive?
- Where can you be more efficient?
- Where are you losing time and/or money?
- What is missing? (date nights, quality time spent with your kids, collective family activities)

Once you've either highlighted or eliminated things from your list, you now know what to start scheduling.

Plan your patterns: When you commit to living your life through a system, you will greatly reduce the disruptions in your life, and prevent them from turning into rabbit trails of urgency. When you've sufficiently answered the previous questions, you can then begin to develop patterns that keep you aimed towards equally developing your seven life-dimensions. A great way to start is by arranging your daily activities in a way that addresses all of your metron, in small daily increments:

- A daily time for devotions. (Spiritual) Prayer, reading the Word, and a time to engage in worship.
- Time spent on personal growth. (Intellect) Reading relevant material that further empowers you to be more proficient at leading in the seven life-dimensions. I would suggest that you not try to indulge in large quantities all at once. I personally am always reading at least 3-4 books simultaneously. But I read one or two chapters at a time in each.
- Reflective exercises (emotional) where you practice breathing, controlling physiology, and contemplating how to strategically respond to scenarios that normally challenge you emotionally.
- A time to engage in a meaningful way with your spouse each day. (Family) It doesn't require a date every night, just once a week. But you should plan for daily time to converse, share, reflect, and dream together.
- Quality time with your children. (Family) Children spell love T.I.M.E. Develop a pattern of daily communication and involvement. School activities, homework, sports practice, or simply family games once in awhile. You're not too busy. If you are, then you're too busy to succeed. You will always have time for the things that matter. The average lion spends 20 hours a day resting/sleeping. Yet, it manages to do enough in 2-3 hours a day to maintain it's reputation as king of the safari. Think on that for a minute!
- A time to reach out to include your friends. (Social) Your social circle builds in small incremental steps.

- Your commitments to daily exercise. (Fitness) Doesn't require a gym membership. Just start moving more. Park your car further away from the entrance. Brisk walks around the block every time you leave the house as well as when you return—this can do wonders for you. Clean up your eating habits. Drink plenty of water. Get enough sleep. Every little bit helps. Calorie counting apps and a step counter are your friends.5050
- A time to budget, assess, and plan for your financial future. (Financial) You need to give daily attention—not obsession—just energy spent on evaluating whether or not your on target to reach incremental financial goals. These are great times to reflect on your personal financial stewardship ... are you spending money on unnecessary things, or obsessing over toys and material things.

Execute Your Plan: Inaction is the enemy of success. The most difficult step in any process is typically execution. Planning, dreaming, strategizing ... far easier to do than execution. Unsuccessful people take forever to make a decision and when they finally do, they're most likely to change their mind more than once. Successful people learn how to pull the trigger quickly, take swift massive action, and almost never change their minds about it.

If you want this pursuit of completeness to work, then you have to get ferocious about executing your plan. Remind yourself that all of the strategizing and planing in the world becomes an act of futility without execution.

Don't try to initiate too many things all at once. Steve Jobs of Apple would take his top 100 people on a retreat every year. They would brainstorm and write hundreds of potential ideas on a large whiteboard. Then, Jobs would ask: "What are the ten things we should be doing next?" After significant discussion, the group would come up with a list of ten. Then Jobs would slash the bottom seven and announce, "We can only do three."

Execution isn't about finality, or crossing the finish line in world record time. It's about getting started on patterns that will eventually become automated. Patterns that will move your metron towards perfection/completion.

Set alarms for certain tasks and times, ask people close to you to hold you accountable, do whatever you have to do to stick with your plan.

“Success is life’s reward when you stop making excuses.”

Improve Your System: You need to re-assess from time to time, whether some of your patterns are working for you. The quickest way to fall away from systematic living is to continue doing certain things for too long that are not producing. The system is not an end to itself. You’re not awesome because you live systematically. You become awesome when your personal system is producing a complete metron. You wouldn’t indefinitely tolerate an employee who wasn’t producing, or worse yet, was working against you. You need to fire patterns once in awhile. Tony Robbins said, “Businesses don’t fail because of the people they hire. They fail more so because of the people they refuse to fire.” So true in your personal life. We all have had bad patterns, destructive habits, or time wasters at some point. No shame in that. It’s when you can recognize something wasteful, inefficient, or destructive and you don’t replace it ... that’s when you have some serious problems.

Final Thoughts:

- What can you do to make yourself better and help us to ultimately win !
- All encompassing virtues that grow your Metron—Collective corporate participation/faithfulness and fruitfulness (Paul) /diligence in self-evaluation for the purpose of growing your individual capacity.

The Charge—striving for Christ-likeness:

The Complete Man’s Creed: (your 7 values summarized)

The Gauge— Your Coin:

Father’s Blessing (Dr Heard)

May the Lord bless you and make your name great, and you shall be a blessing. May the Lord bless those who bless you and curse him who curses you. May you take possession and prosper and be in good health, just as your soul prospers. May the joy of the Lord be upon you and His wisdom and understanding adorn you. May you take dominion wherever you walk and His love dominate wherever you stand. May your enemies be at peace with you and Christ be exalted in you. May the Lord elevate you to the nations as a servant among servants. May the Lord's favor crown you as a son all the days of your life. And may all the generations after you be called blessed because of you.