



October

Biblical Manhood

Daily - Daily disciplines include:

- **Scripture reading** - Read all assigned passages for the month of October
 - **Journaling** - Use the H.E.A.R. acrostic to read and study Scripture intentionally.
 - **Prayer** - Use the R in H.E.A.R. to guide your prayers
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Weekly - Weekly disciplines include:

- **Scripture Memory** - This month, you will memorize
 - James 1:12
 - James 1:19-20
 - James 4:7-8a
 - **Reading - Read *The Men We Need*.** Prepare some notes to share with your group. Your notes should include the following:
 - List the big ideas of each chapter.
 - List your key takeaways.
 - Discuss how you will apply it to your life now.
 - Bring your takeaways and application points to your monthly meeting.
 - **Group Check-In** - Create a group text thread or use an app like Marco Polo, or Telegram to stay connected with your group throughout the month
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Monthly - Monthly disciplines include:

- **The Spiritual Discipline: Silence and Solitude.**
 - Take a morning, afternoon, or evening to spend four hours of intentional time with Jesus. Bring a Bible and a notepad, and make sure you are in a distraction-free environment. A place like a park or a spot in the woods gives the best opportunities to do this. See biltmorechurch.com/davidsmen for additional notes on silence and solitude.
- **Man Date** - There will be no Man Dates for the month of September
- **Book Review** - See notes above on the book review.
- **Group Meeting** - Your group will meet each month for accountability and to deepen your relationship with one another. You will come prepared to discuss the book, review Scripture memory, and share reflections from journaling, your man-date, and your spiritual discipline.

- REMINDER: Each month, go to biltmorechurch.com/davidsmen to download materials.