



Once you complete MD5, the **MD5 Lab** provides on-going support to help you live out God's will for your life. The Lab provides practical, hands-on training and exercises to aid in the ultimate goal of transformation.

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Don't be conformed to the patterns of this world, but be transformed by the renewing of your minds so that you can figure out what God's will is—what is good and pleasing and mature.

Romans 12:2



WHAT IS MD5?

MD5 is a one-year discipleship process designed to encourage and enable men to identify and fulfill God's will for their lives. After completing MD5, men are then encouraged to reproduce themselves and invest in the lives of others.

WHAT DOES THE MD5 PROCESS INVOLVE?

The process begins with an **assessment** designed to help you "define reality" in key areas of your life. These areas include biblical manhood, margin, and what we call the 5 "Fs"—Faith, Family, Friends, Finances, and Fitness. The assessment essentially serves as a "mirror" revealing the man "**man you are**" today.

The next step of the process involves writing your **eulogy**. Looking ahead in time when you stand before Christ and give account, you will document what you would want to hear Him say on Judgment Day. The eulogy essentially serves as a compass identifying the "**man you want to be**" in the future.

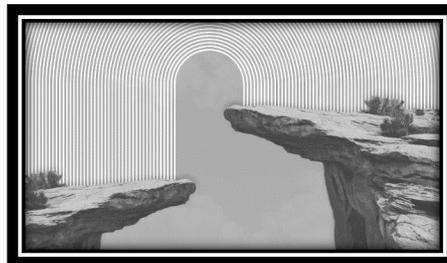
After you determine the "**man you are**" through the assessment and the "**man you want to be**" through the eulogy, the final step in the process is to be intentional about addressing the gap that exists between the two.

WHAT MAKES MD5 DIFFERENT THAN OTHER DISCIPLESHIP PROGRAMS?

While many discipleship programs focus on sharing information, MD5 focuses on producing transformation.

A primary tool used in this transformational process is what we call a **Life Plan**. You will be led through a process to think, pray, and identify God's will for your life. Once you determine His will, you will then document it. Next you will establish specific, measurable, time-stamped spiritual disciplines you will practice daily to help you accomplish His will and become the man you wrote about in your eulogy. Ultimately, as a Christ follower, the "**man you want to be**" is like Him. The purpose of MD5 is to help you understand how to focus your energy every day to close the distance between yourself and Christ.

In short, MD5 is simply about **Bridging the Gap!**



WHAT WILL I LEARN BY GOING THROUGH MD5?

- Biblical definition of manhood.
- The unique bond created from a cohort of men sharpening each other.
- How to know and do God's will.
- Your spiritual gift(s) and how to use it in your local church.
- How to simplify your life.
- How to create margin.
- How to establish spiritual disciplines/habits, freeing up time for your key relationships—God, family, and friends.
- How to engage in worship daily.
- How to study God's Word with more depth and meaning.
- How to connect with God when I pray.
- How to share your faith with persuasion and conviction.
- Biblical responsibilities of a husband and father.
- How to build relationships with others to enable fulfillment of the Great Commandment and the Great Commission.
- A philosophical and practical understanding of how to build an earthly and eternal portfolio as you steward God's resources.
- How to take care of your body, which is the temple of the Holy Spirit.
- How to disciple other men.