



# Orientation Manual



## Table of Contents

Introducing the Men to Whom God Gave the Vision for MD <sup>5</sup> .....	5
A Short History of MD <sup>5</sup> .....	7
Orientation Day Agenda .....	9
MD <sup>5</sup> Overview .....	10
What is MD <sup>5</sup> ? .....	10
What is the Purpose of MD <sup>5</sup> ? .....	11
What is the Process of MD <sup>5</sup> ? .....	11
What are the Ultimate Goals of MD <sup>5</sup> ? .....	12
What to Expect in MD <sup>5</sup> this Year? .....	13
Assessments .....	19
MD <sup>5</sup> Assessment .....	21
Real Life Discipleship Assessment .....	27
Spiritual Gifts Assessment .....	29
Assessments for Submission to Cohort Facilitators .....	31
Defining Reality Assessments Lesson .....	39
Eulogy Example .....	45
<i>Life Plan</i> Example .....	47
Cohort Bios .....	49





## Introducing the Men to Whom God Gave the Vision for MD<sup>5</sup>

### **Roger Smithson**

Roger grew up in the paper mill town of Ashdown, AR. He came to Conway in 1987 to attend UCA, where he received a BS in Chemistry in 1992. Roger never left the Conway area and married Michelle Brown of Broken Bow, OK in 1997. Roger and Michelle have two daughters—Shali and Sofie. Roger worked for Buckman Laboratories out of Memphis, TN for 30 years and retired at the end of 2021. Roger now works part-time for Team Trek in Tumbling Shoals, AR. He is a member of Antioch Baptist Church in Conway. His hobbies include reading, music, gardening, hunting, and going to Razorback football games with his daughter.

### **Steve Crawley**

Born and raised in South Mississippi, Steve came to the Conway area in 2004. He is married to his best friend, Daura, and they have four children—Caleb (Lauren), Madelyn, Tymber (Aaron), and Ashlyn. Steve's educational pursuits are varied [BSBA—Southern Miss (89); MBA—William Carey University (98); MAR—BMA Seminary (08); PHD—Dallas Baptist University (14)]. Prior to entering the ministry fulltime in 2004, Steve worked in the fields of finance and accounting, his last position being that of corporate controller for Cellu Tissue Holdings, Inc. He currently serves as executive director of Ministers Resource Services and the BMA Foundation—both departments of the Baptist Missionary Association of America. He is a member of Antioch Baptist Church in Conway. Steve enjoys spending time with his family and friends, travel, hiking, most any activity you can do at the lake, and working with men in MD<sup>5</sup>.





## A Short History of MD<sup>5</sup>

A decade ago, Steve Crawley and Roger Smithson were sitting in a restaurant discussing the state of the world in general and the state of the modern man in particular. It seemed a number of men they were associated with were just aimlessly drifting through life without clear direction. For many, this lack of direction was having an adverse effect on them personally and their families as well. Further, an objective look in the mirror revealed areas in their own lives where they felt they needed to improve as husbands, fathers, and as the spiritual leaders of their respective homes. They realized that they needed to be engaged in the mission Jesus gave his disciples.

To that end, they determined that they were either part of the problem or part of the solution. Hoping to be the latter, they invited a few men to join them in a weekly study of principles associated with living out a biblical definition of manhood and accomplishing God's will for their lives. As a result, this discipleship effort known as *Men's Discipleship*<sup>5</sup>, or *MD*<sup>5</sup> began and continues to this day.





## Orientation Day Agenda

- I. **Welcome / preliminary comments / prayer – (5 minutes)**
- II. **Why were you chosen? – (5 minutes)**

You were chosen to be a part of the MD<sup>5</sup> discipleship process for the following reasons:

- a. **Faithful men.**

The Apostle Paul actually shared the process of discipleship with his son in the ministry Timothy:

“And what you have heard from me in the presence of many witnesses entrust to faithful men, who will be able to teach others also.” (2 Tim. 2:2 ESV)

This verse of scripture speaks of four generations of disciples—“me” (Paul), “many witnesses,” “faithful men,” and “others.” At its very core, MD<sup>5</sup> is about finding and discipling “... faithful men, who will be able to teach others also.”

We believe you are a “faithful” man. We have noticed:

- That you publicly display your **FAITH**.
- How you relate to your **FAMILY**—your wife and children.
- That you have a network of **FRIENDS** and seem to desire to leave a footprint behind when the Lord takes you to heaven.

You will hear us refer to the Pallbearer Challenge several times over the next year. The Pallbearer Challenge is simply this: “Can you quickly name 6 men who would be willing to carry your casket at your funeral?” If you cannot, in MD<sup>5</sup>, we will focus on developing friendships so that you can meet the Pallbearer Challenge.

King Solomon declared, “Iron sharpens iron” (Proverbs 27:17 ESV). We should all desire to be around men who will make us better and in MD<sup>5</sup>, you will be introduced to a

network of men who will make you a better man. We believe that Jim Rohn was absolutely correct when he said, “You are the average of the five people you spend the most time with.” We should all associate with men that we want to emulate and men who will help us become more like Jesus.

- We do not know your **FINANCES**, nor will we, but you seem to have a grasp of how important this is in your walk with God.

Studies on financials have discovered that your income and financial wellness will be within 10% of your 10 closest friends.

- That your level of physical **FITNESS** is directly proportional to the level of energy that you have to give to others.

Most importantly, we believe you have within you what it takes as a man of God to move your life forward.

**b. Introduction of the members of your cohort.**

**III. Overview of MD<sup>5</sup> – (20 minutes)**

## MD<sup>5</sup> Overview

### What is MD<sup>5</sup>?

MD<sup>5</sup> is a discipleship process designed to encourage and enable men to *simplify* their lives and to be *intentional* about living out the *fundamentals* of biblical manhood. The acronym **MD<sup>5</sup>** stands for:

**M – Men’s** – While God desires that all believers be discipled, MD<sup>5</sup> specifically targets men and their inherent God-given responsibilities.

**D – Discipleship** – We define a disciple as one who follows Jesus (head), is being changed by Jesus (heart), and participates in the mission of Jesus (hands). (Matt. 4:19)<sup>1</sup>

**5 – Five** – We focus on what we refer to as our “**Top 5%**”—fundamental duties for which we are solely responsible and no one else can do for us. These fundamental duties are summarized in what we call the “**5 Fs**”:

- **Faith** – We are solely responsible for fostering a personal relationship with God and being obedient to his Word. No one can build or sustain this relationship for us.
- **Family** – We are solely responsible for being a husband to our wives and father to our children. No other man on the earth can fill these roles.
- **Friends** – We are solely responsible for investing in the lives of people as Jesus did.
- **Finances** – We are solely responsible for managing the resources God has entrusted to us.
- **Fitness** – We are solely responsible for taking care of the bodies God has given us, which His Word describes as “Temples of the Holy Spirit.” (1 Cor. 6:19-20)

<sup>1</sup> We embrace this definition of discipleship as described by our colleagues at discipleship.org, a “collaborative community of men and women committed to the discipleship lifestyle—being disciples of Jesus and making disciples of Jesus.”

## What is the Purpose of MD<sup>5</sup>?

The MD<sup>5</sup> process is designed to raise the awareness in men of their God-given responsibilities. We call this assessment process “defining reality,” which is the first job of leadership. Once our awareness level is raised, we become conscious of the fact that there is a large gap between where we are in our faith journey and where we should be as Christ followers.

Just being aware of the gap is not enough—we must do something about it. The purpose of MD<sup>5</sup> is to walk with men through a transformative process that will help bridge this gap. This requires that we identify God’s will for our lives and pursue with intentionality. This transformative process is achieved through the development of margin, godly habits/disciplines, and a formal *Life Plan* documenting his will regarding our fundamental duties.

## What is the Process of MD<sup>5</sup>?

As we seek to bridge the gap between where we are today and where God would have us be in our faith journey, change will not happen by accident. The MD<sup>5</sup> process is extraordinarily simple, yet it is also humbling.

1. **Defining Reality** – The first step in the process is to define reality. This exercise gives us a snapshot of the man we are today. This step in the process is achieved by completing the following:
  - a. **MD<sup>5</sup> Assessment** – This instrument will assess our current reality regarding Biblical Manhood, Family, Friends, Fitness, Finances, Margin & Habits, and Faith.
  - b. **Real Life Discipleship Assessment** – This instrument will assess our current reality regarding spiritual maturity.
  - c. **Spiritual Gift Analysis** – This instrument will assess our current reality regarding specific ways God has uniquely equipped us for service in His kingdom through our local church.
2. **Writing Your Eulogy** – While the first step describes the current reality of the man I am today, our eulogy will describe the man I want to be—better stated—the man God has called me to be.
3. **Life Plan** – After comparing the results of Steps 1 and 2, we will see a gap between the “the man I am today” and the “man I am called to be.” This third step will address this issue. Through the MD<sup>5</sup> process, prayer, and deep contemplation, we will devise a plan that captures God’s will for our lives in each of the fundamental areas.
4. **Habits & Disciplines** – Compiling a *Life Plan* is useless if we do not develop on-going systems guided by godly habits and spiritual disciplines that help us live out the plan. Certainly, lasting transformation from the “man I am” to the “man I am called to be” is a work of the Holy Spirit we call sanctification. Yet, it is incumbent on us as Christ followers to live disciplined lives.

## What are the Ultimate Goals of MD<sup>5</sup>?

In summary, the ultimate goals of MD<sup>5</sup> are:

1. Help men identify and thrive in living out their God-given, fundamental duties.
2. Provide men with a biblical definition and understanding of both manhood and discipleship.
3. Help men understand how to know God’s will for their lives.

4. Help men understand the current reality of where they are in their faith journey.
5. Help men understand how God has gifted them to serve Him in their local church.
6. Challenge cohort members to become the men God is calling them to be.
7. Walk with men through a transformative process that will take them from where they are to where they should be.
8. Help men establish margin for the Top 5%.
9. Help men establish godly habits and disciplines that will lead to greater fulfillment of the Great Commandment.
10. Help men mature in Christ and engage in the Great Commission.

## What to Expect in MD<sup>5</sup> this Year?

### Introduction

Session 1  
Session 2

#### MD<sup>5</sup> Orientation

**Defining Reality Assessments** – MD<sup>5</sup>, Real Life Discipleship, and Spiritual Gifts / Eulogy Guide (*Living Forward* – Hyatt & Harkavy – Chapters 1-4)

### Biblical Manhood

Session 3

**Biblical Manhood** – The Biblical Definition of Manhood (Green)

Session 4

**Biblical Manhood** – *Finding the Will of God in a Crazy Mixed-Up World* – Part 1 (LaHaye)

Session 5

**Biblical Manhood** God's Will – *Finding the Will of God in a Crazy Mixed-Up World* – Part 2 (LaHaye)

Session 6

**Biblical Manhood** – *Better Decisions Fewer Regrets* (Stanley) and *Living Forward* (Hyatt & Harkavy)

**Off** – Eulogy preparation

Session 7

**Eulogies** – Presentation of eulogies

### Family

Session 8

**Family** – A Man's Purpose in the Home (Chandler) and The Five Love Languages (Chapman)

Session 9

**Family** – Die to Live (Green) and *The Freedom of Self-Forgetfulness* (Keller)

Session 10  
Series—Kimmel)

**Family** – Grace Based Parenting (33)

- Session 11 **Family** – Parenting Towards True Greatness (33 Series—Kimmel)
- Session 12 **Family** – Your Porn Battle Plan (Groeschel)  
**Off** – Family *Life Plan* Assignment

## Friends & Fitness

- Session 13 **Friends** – Providential Relationships (Stanley)
- Session 14 **Friends** – The Foundation of Friendship (Groeschel)
- Session 15** **Group Activity Day**
- Session 16 **Fitness**  
**Off** – Friends/Fitness *Life Plan* Assignment

## Finances

- Session 17 **Finances** – An Introduction to Biblical Stewardship (Crawley), How to be Rich Parts 1 & 2 (Stanley) and *Never Enough* (Blue)
- Session 18 **Finances** – How to be Rich Part 3 (Stanley) and *Never Enough* (Blue)
- Session 19 **Finances** – How to Get Out of Debt & Be Financially Free (Ramsey) and *Never Enough* (Blue)
- Session 20 **Finances** – Growing, Saving, & Investing (Blue) and *Never Enough* (Blue)
- Session 21 **Finances** – Best Practices For Ordering Your Finances (Crawley)  
**Off** – Finance *Life Plan* Assignment

## Margin & Habits

- Session 22 **Margin & Habits** – At Capacity (Stanley) and *Tyranny of the Urgent* (Hummell)
- Session 23 **Margin & Habits** – Under the Sun (Stanley)
- Session 24 **Margin & Habits** – How to Form A Habit (Groeschel)  
**Off** – Finance *Life Plan* Assignment

## Faith

- Session 25 **Faith** – We Were All Fish Once (Stanley)
- Session 26 **Faith** – Why Fish? (Stanley)
- Session 27 **Faith** – Muddy Water (Stanley)
- Session 28 **Faith** – Bible Study Fundamentals (LaHaye, Arthur, & Swart)
- Session 29 **Faith** – Fundamentals of Prayer (Crawley & Swart)
- Session 30 **Faith** – Biblical Fasting (Swart)

## **Life Plan**

Session 31

**Life Plan** Instructions

**Off** – *Life Plan* Preparation

Session 32

**Life Plan Presentation** – Group 1

Session 33

**Life Plan Presentation** – Group 2

Session 34

**Wrap-up** – The Next Step

### **IV. Testimony of Prior Cohort Participants – (10 minutes)**

#### **v. Begin with the End in Mind – (10 minutes)**

The challenge of MD<sup>5</sup> is to make the remaining days of your life count. Moses made this request to the Lord: “So teach us to number our days that we may get a heart of wisdom.” (Ps. 90:12 ESV). Once we realize how short our lifetime really is, it should provide the motivation to spend each day with intentionality.

Personal discipline and regret both cause pain. However, the pain of discipline weighs 1 oz. and the pain of regret weighs a ton! Which weight would you rather carry through life? As Roger Smithson often says, “When you come to the end of your life, make sure that you pour your regrets out of a thimble—not a dump truck.”

In MD<sup>5</sup>, we often say that life can be divided into 4 quarters:

- 1<sup>st</sup> Quarter – ages 0-20.
- 2<sup>nd</sup> Quarter – ages 21-40.
- 3<sup>rd</sup> Quarter – ages 41-60.
- 4<sup>th</sup> Quarter – ages 61-80.

As you identify which quarter of life you are presently in, it should create a sense of urgency to make each day count for the Lord.

#### **a. Assessments.**

We will ask you to take the MD<sup>5</sup> assessments this week that are found in the Orientation Module. The assessments are:

- **MD<sup>5</sup> Assessment** – This instrument will assess your current reality regarding Biblical Manhood, Family, Friends, Fitness, Finances, Margin & Habits, and Faith.
- **Real Life Discipleship Assessment** – This instrument will assess the current reality regarding your spiritual maturity.

- **Spiritual Gift Analysis** – This instrument will reveal the specific ways God has uniquely wired each of us for service in his kingdom through our local church.

The starting point of your spiritual journey is identified by the MD<sup>5</sup> Assessments.

- Writing Your Eulogy** – While the first step describes the current reality of the man you are today, your eulogy will describe the man you want to be—better stated—the man God has called you to be.

A journey has both a starting point and a destination. The assessments identify the starting point and the eulogy will define your destination.

- Life Plan** – After comparing the results of Steps 1 and 2, we will see a gap between the “the man I am today” and the “man I am called to be.” This third step will address this issue. Through the MD<sup>5</sup> process, prayer, and deep contemplation, you will devise a *Life Plan* that captures God’s will for your life in each of the 5 fundamental areas.

## VI. Address Questions & Wrap Up – (10 minutes)

As we conclude this first session, we want to share a few more items of information with you:

- Cost of materials.**

Currently, the cost of the MD<sup>5</sup> materials is being underwritten by a generous friend and benefactor of MD<sup>5</sup>. Therefore, there is no cost to you.

- Attendance**

We know life happens and so occasionally you will miss a weekly meeting (work commitments, family commitments, Spring Break, vacations, health issues, funerals, etc.). We are also aware of your time constraints and so we will start promptly at (time) and dismiss at (time).

- There will be a special group activity in Session (# 15) on (Date) when all cohort members must be in attendance. The events of this special day cannot be repeated—so, your presence is expected.**
- Our pledge to you.**

We will pour our best into you because it is in our individual *Life Plans* to do so. We will give you our best both in the sessions and outside of the sessions. In MD5, we will assist you in developing **YOUR** own *Life Plan* as we will **not** plan one for you. Your *Life Plan* is a roadmap to where you want to be when you finish your spiritual journey.

**e. Your pledge to the MD<sup>5</sup> process.**

We do **EXPECT** you to commit to this life-changing process. If you take MD<sup>5</sup> seriously, we promise that your life will be changed over the next year. We are pouring our time and energy into you and we **EXPECT** you to do the same. And furthermore, when you have completed the MD<sup>5</sup> process, we **EXPECT** you to take what you have learned and pour it into the lives of other men.



# Assessments

**For Your Records**





## MD<sup>5</sup> Orientation Assessment

The MD<sup>5</sup> Assessment helps us evaluate how well we perform the fundamental duties inherent with each area we cover in MD<sup>5</sup>. For each item, rate yourself on a scale from 1-10 with 1 being poor and 10 being excellent. Then, add your scores and divide by the number of items identified to determine your average score for that area. **Please fill out the assessment below for your own personal records. Then, copy the results to a second assessment form provided below and submit it anonymously to your facilitators.**

### Biblical Manhood

- \_\_\_\_\_ **Reject Passivity** – I lead, initiate, and act rather than standing idly by.
- \_\_\_\_\_ **Accept Responsibility** – I don't make excuses and accept 100% responsibility for my actions.
- \_\_\_\_\_ **Lead Courageously** – I don't give in when challenged, attacked, or criticized for doing what is right.
- \_\_\_\_\_ **Invest Eternally** – I seek first God's kingdom, his glory, and his righteousness.
- \_\_\_\_\_ **Spiritual Gift(s)** – I know my spiritual gift(s), and I am using it/them to serve my local church.
- \_\_\_\_\_ **God's Will** – I understand how to know the will of God for my life.
- \_\_\_\_\_ **Decision-Making** – I have a process for making major decisions.
- \_\_\_\_\_ **Total Score** (Sum the scores and divide by 7)

### Family

- \_\_\_\_\_ **Husband** – I love and serve my wife placing her needs above my own.
- \_\_\_\_\_ **Husband** – I pray with my wife daily.
- \_\_\_\_\_ **Husband & Father** – I guard my eyes from pornography.
- \_\_\_\_\_ **Father** – I am an example of Christ in my home.

\_\_\_\_\_ **Father** – I disciple my children and lead them to honor and serve Jesus Christ.

\_\_\_\_\_ **Son** – I honor my mother and father.

\_\_\_\_\_ **Brother** – I maintain a close relationship with my siblings.

\_\_\_\_\_ **Prioritization** – I create margin to spend quality time with my family and prioritize them in my schedule.

\_\_\_\_\_ **Total Score** (Sum the scores and divide by 8)

## Friends

\_\_\_\_\_ **Building Relationships** – I am intentional about creating encounters to build relationships with other men.

\_\_\_\_\_ **Growing Relationships** – I am intentional about growing relationships with other men.

\_\_\_\_\_ **Transparency** – I am predictable to my friends and my faith is apparent to those around me.

\_\_\_\_\_ **Integrity** – My friends see me merge what I say and what I do.

\_\_\_\_\_ **Loyal** – I am a loyal and faithful friend.

\_\_\_\_\_ **Listening** – I am a good listener and genuinely care about others.

\_\_\_\_\_ **Rebuke** – I am willing to practice the "iron sharpens iron" mantra of Proverbs 27:17 when appropriate.

\_\_\_\_\_ **Pallbearer Challenge** – I can quickly list six friends that will carry me to my grave.

\_\_\_\_\_ **Network** – I have a strong network of like-minded Christian men that I do not want to let down or disappoint.

\_\_\_\_\_ **Total Score** (Sum the scores and divide by 9)

## Fitness

- \_\_\_\_\_ **Pure Mind** – I guard my heart and my thoughts, striving to avoid lust and other temptations.
- \_\_\_\_\_ **Energy** – I am pleased with my current energy levels.
- \_\_\_\_\_ **Exercise** – I have a weekly routine to address my mental and physical fitness.
- \_\_\_\_\_ **Diet** – I am pleased with my diet and body mass index.
- \_\_\_\_\_ **Discipline** – I generally do what I am supposed to whether I feel like it or not.
- \_\_\_\_\_ **Reading** – I am strategic about what I introduce into my mind.
- \_\_\_\_\_ **Health** – I have a relationship with a primary care physician and have an annual physical examination.
- \_\_\_\_\_ **Total Score** (Sum the scores and divide by 7)

## Finance

- \_\_\_\_\_ **Trust** – I trust in God's provision, do not worry about my finances, and am content with what I have.
- \_\_\_\_\_ **Stewardship** – I understand God's view of money and manage His resources His way for His glory.
- \_\_\_\_\_ **Giving** – I tithe my income (give 10%).
- \_\_\_\_\_ **Giving** – I have identified a "finish line" of how much money I need so I can give the rest.
- \_\_\_\_\_ **Earnings** – I am a loyal and faithful employee and highly engaged.
- \_\_\_\_\_ **Budgeting** – I maintain a budget to account for spending, giving, and investing.
- \_\_\_\_\_ **Emergency Fund** – I create financial margin by maintaining 3-6 months of expenses in an emergency fund.

\_\_\_\_\_ **Insurance** – I have enough life insurance so the quality of life for my family would not change should I die.

\_\_\_\_\_ **Investing** – I have a financial plan in place to take care of my family in our later years.

\_\_\_\_\_ **Legacy File** – If I were to die today, my estate and financial plan is in order for my family.

\_\_\_\_\_ **Total Score** (Sum the scores and divide by 10)

## Faith

\_\_\_\_\_ **Bible Study** – I create margin to spend quality time with God daily by reading and meditating on His Word.

\_\_\_\_\_ **Prayer** – I maintain a close relationship with God through prayer.

\_\_\_\_\_ **Worship** – I prioritize my relationship with Christ and worship God both personally and corporately.

\_\_\_\_\_ **Witnessing** – I understand how to share my faith with confidence.

\_\_\_\_\_ **Making Disciples** – I have a personal plan for fulfilling the Great Commission.

\_\_\_\_\_ **Total Score** (Sum the scores and divide by 5)

## Margin & Habits

\_\_\_\_\_ **Margin** – I understand the concept of margin in my life.

\_\_\_\_\_ **Productivity** – I am a good manager of my time.

\_\_\_\_\_ **Goals** – When I set a goal, I also establish a system to accomplish the goal.

\_\_\_\_\_ **Core Values** – My daily activities align with the things I value most.

\_\_\_\_\_ **Emotional** – I have enough emotional margin to focus on others.

\_\_\_\_\_ **Moral** – I maintain moral margin against sin.

\_\_\_\_\_ **Distractions** – I am not distracted or tempted by electronic devices in my life.

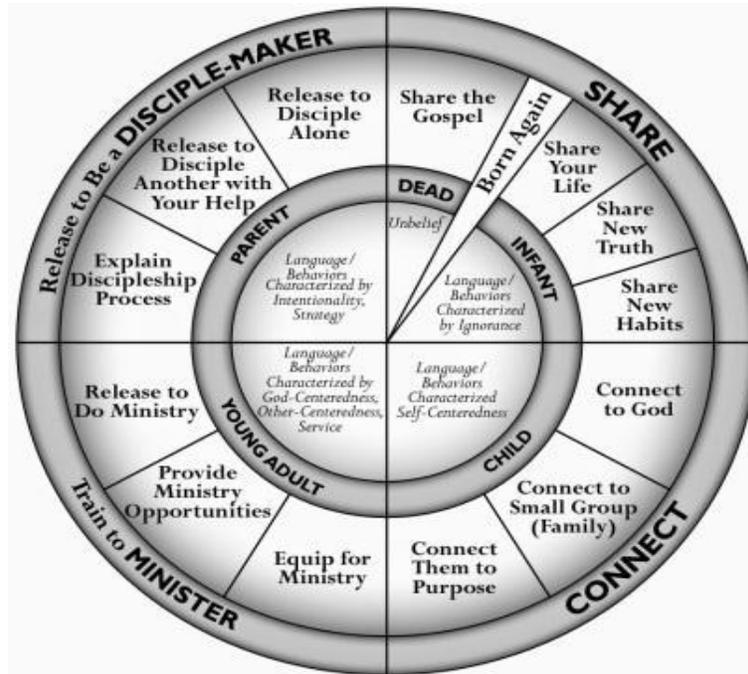
\_\_\_\_\_ **Stress** – I am intentional about boundaries in my life to prevent overload.

\_\_\_\_\_ **Total Score** (Sum the scores and divide by 8)





## Real Life Discipleship Assessment



Source: Jim Putman – *Real Life Discipleship*

Read and reflect upon the Real Life Discipleship Wheel. Based on this assessment, I rate my current spiritual stage as (check one):

- Dead** – Behaviors are characterized by unbelief in Jesus Christ as my Lord and Savior.
- Infant** – Behaviors are characterized by a lack of understanding about being a true disciple of Christ.
- Child** – Behaviors are characterized by a primary focus on yourself.
- Young Adult** – Behaviors are characterized by a primary focus on God and others.
- Parent** – Behaviors are characterized by intentionality in making disciples and disciple makers.

Please fill out this assessment for your own personal records and then copy the results to a second assessment form provided below and submit anonymously to your facilitator.

### Definition of a Disciple (Matthew 4:19)

- “Come, follow me.” A disciple knows and follows Christ (head).
- “And I will make you.” A disciple is being changed by Christ (heart).
- “Fishers of men.” A disciple is committed to the mission of Christ (hands).

### Method of Discipleship

- Jesus was an intentional leader.
- Jesus did his disciple-making in a relational environment.
- Jesus followed a process that can be learned and repeated.
- An intentional leader + a relational environment + a reproducible process = an infinite number of disciples.

### Five Stages of a Disciple’s Growth

- Spiritually dead (unbelief).
- Spiritual infant (ignorance).
- Spiritual child (self-centeredness).
- Spiritual young adult (service, God-centeredness, other-centeredness).
- Spiritual parent (intentionality, reproducibility, & strategy).

### Moving Disciples Forward

- Spiritually Dead: share the gospel.
- Spiritual infant: share your life, share new truth, share new habits.
- Spiritual child: connect to God, connect to small group, connect to God’s purpose.
- Spiritual young adult: equip for ministry, provide ministry opportunities, release to do ministry.
- Spiritual parent: explain discipleship process, release to disciple another with your help, release to disciple alone.

### Description of a Disciplined Person

- Personal Bible study.
- Meeting together as part of a church.
- Serve others.
- Pray
- Give to others.
- Be in a relationship.
- Humble
- Share faith to those who will listen.

### Mastering the Discipleship Process (SCMD)

- Moving the spiritually dead toward life: **Share**
- Nurturing spiritual infants: **Share**

- Guiding spiritual children: **Connect**
- Training spiritual young adults: **Minister**
- Releasing spiritual parents: **Disciple**



## Spiritual Gifts Assessment

1. Go to the following website: <https://gifts.churchgrowth.org>
2. The website home page is entitled:

**Your Gifts**  
**The Easy-to-Use, Self-Guided**  
**Spiritual Gifts Survey**

3. Under “Individual Edition” click on the **blue** “Get Started” Box.
4. Read “Welcome to the Spiritual Gifts Survey.”
5. Click on the “Begin Survey” box.
6. Follow all on screen instructions to print out the results of your Spiritual Gifts Assessment. **Please print one copy for your own personal records and one copy to submit anonymously to your facilitator.**



# **Assessments**

**For Submission to Cohort Facilitators**  
**[Anonymously]**





## MD5 Orientation Assessment

Copy the results of the Orientation Assessment that you took above to the form below and then submit it anonymously to your facilitators.

### Biblical Manhood

- \_\_\_\_\_ **Reject Passivity** – I lead, initiate, and act rather than standing idly by.
- \_\_\_\_\_ **Accept Responsibility** – I don't make excuses and accept 100% responsibility for my actions.
- \_\_\_\_\_ **Lead Courageously** – I don't give in when challenged, attacked, or criticized for doing what is right.
- \_\_\_\_\_ **Invest Eternally** – I seek first God's kingdom, his glory, and his righteousness.
- \_\_\_\_\_ **Spiritual Gift(s)** – I know my spiritual gift(s), and I am using it/them to serve my local church.
- \_\_\_\_\_ **God's Will** – I understand how to know the will of God for my life.
- \_\_\_\_\_ **Decision-Making** – I have a process for making major decisions.
- \_\_\_\_\_ **Total Score** (Sum the scores and divide by 7)

### Family

- \_\_\_\_\_ **Husband** – I love and serve my wife placing her needs above my own.
- \_\_\_\_\_ **Husband** – I pray with my wife daily.
- \_\_\_\_\_ **Husband & Father** – I guard my eyes from pornography.
- \_\_\_\_\_ **Father** – I am an example of Christ in my home.
- \_\_\_\_\_ **Father** – I disciple my children and lead them to honor and serve Jesus Christ.

\_\_\_\_\_ **Son** – I honor my mother and father.

\_\_\_\_\_ **Brother** – I maintain a close relationship with my siblings.

\_\_\_\_\_ **Prioritization** – I create margin to spend quality time with my family and prioritize them in my schedule.

\_\_\_\_\_ **Total Score** (Sum the scores and divide by 8)

## Friends

\_\_\_\_\_ **Building Relationships** – I am intentional about creating encounters to build relationships with other men.

\_\_\_\_\_ **Growing Relationships** – I am intentional about growing relationships with other men.

\_\_\_\_\_ **Transparency** – I am predictable to my friends and my faith is apparent to those around me.

\_\_\_\_\_ **Integrity** – My friends see me merge what I say and what I do.

\_\_\_\_\_ **Loyal** – I am a loyal and faithful friend.

\_\_\_\_\_ **Listening** – I am a good listener and genuinely care about others.

\_\_\_\_\_ **Rebuke** – I am willing to practice the "iron sharpens iron" mantra of Proverbs 27:17 when appropriate.

\_\_\_\_\_ **Pallbearer Challenge** – I can quickly list six friends that will carry me to my grave.

\_\_\_\_\_ **Network** – I have a strong network of like-minded Christian men that I do not want to let down or disappoint.

\_\_\_\_\_ **Total Score** (Sum the scores and divide by 9)

## Fitness

\_\_\_\_\_ **Pure Mind** – I guard my heart and my thoughts, striving to avoid lust and other temptations.

\_\_\_\_\_ **Energy** – I am pleased with my current energy levels.

\_\_\_\_\_ **Exercise** – I have a weekly routine to address my mental and physical fitness.

\_\_\_\_\_ **Diet** – I am pleased with my diet and body mass index.

\_\_\_\_\_ **Discipline** – I generally do what I am supposed to whether I feel like it or not.

\_\_\_\_\_ **Reading** – I am strategic about what I introduce into my mind.

\_\_\_\_\_ **Health** – I have a relationship with a primary care physician and have an annual physical examination.

\_\_\_\_\_ **Total Score** (Sum the scores and divide by 7)

## Finance

\_\_\_\_\_ **Trust** – I trust in God's provision, do not worry about my finances, and am content with what I have.

\_\_\_\_\_ **Stewardship** – I understand God's view of money and manage His resources His way for His glory.

\_\_\_\_\_ **Giving** – I tithe my income (give 10%).

\_\_\_\_\_ **Giving** – I have identified a "finish line" of how much money I need so I can give the rest.

\_\_\_\_\_ **Earnings** – I am a loyal and faithful employee and highly engaged.

\_\_\_\_\_ **Budgeting** – I maintain a budget to account for spending, giving, and investing.

\_\_\_\_\_ **Emergency Fund** – I create financial margin by maintaining 3-6 months of expenses in an emergency fund.

\_\_\_\_\_ **Insurance** – I have enough life insurance so the quality of life for my family would not change should I die.

\_\_\_\_\_ **Investing** – I have a financial plan in place to take care of my family in our later years.

\_\_\_\_\_ **Legacy File** – If I were to die today, my estate and financial plan is in order for my family.

\_\_\_\_\_ **Total Score** (Sum the scores and divide by 10)

## Faith

\_\_\_\_\_ **Bible Study** – I create margin to spend quality time with God daily by reading and meditating on His Word.

\_\_\_\_\_ **Prayer** – I maintain a close relationship with God through prayer.

\_\_\_\_\_ **Worship** – I prioritize my relationship with Christ and worship God both personally and corporately.

\_\_\_\_\_ **Witnessing** – I understand how to share my faith with confidence.

\_\_\_\_\_ **Making Disciples** – I have a personal plan for fulfilling the Great Commission.

\_\_\_\_\_ **Total Score** (Sum the scores and divide by 5)

## Margin & Habits

\_\_\_\_\_ **Margin** – I understand the concept of margin in my life.

\_\_\_\_\_ **Productivity** – I am a good manager of my time.

\_\_\_\_\_ **Goals** – When I set a goal, I also establish a system to accomplish the goal.

\_\_\_\_\_ **Core Values** – My daily activities align with the things I value most.

\_\_\_\_\_ **Emotional** – I have enough emotional margin to focus on others.

\_\_\_\_\_ **Moral** – I maintain moral margin against sin.

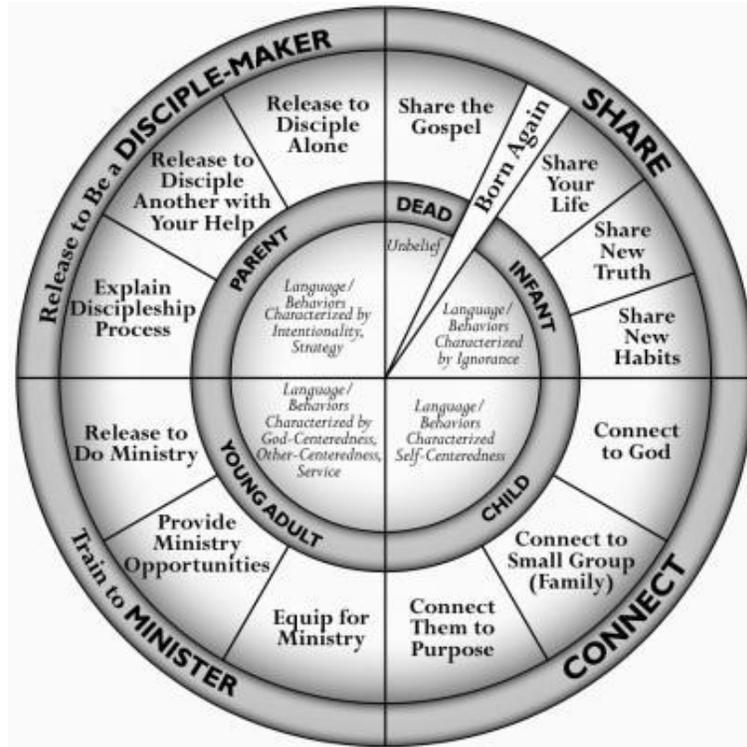
\_\_\_\_\_ **Distractions** – I am not distracted or tempted by electronic devices in my life.

\_\_\_\_\_ **Stress** – I am intentional about boundaries in my life to prevent overload.

\_\_\_\_\_ **Total Score** (Sum the scores and divide by 8)



## Real Life Discipleship Assessment



Source: Jim Putman – *Real Life Discipleship*

Copy the results of the Real Life Discipleship Assessment you took above to the form below and then submit it anonymously to your facilitators.

Based on this assessment, I rate my current spiritual stage as (check one):

- Dead** – Behaviors are characterized by unbelief in Jesus Christ as my Lord and Savior.
- Infant** – Behaviors are characterized by a lack of understanding about being a true disciple of Christ.
- Child** – Behaviors are characterized by a primary focus on yourself.
- Young Adult** – Behaviors are characterized by a primary focus on God and others.
- Parent** – Behaviors are characterized by intentionality in making disciples and disciple makers.

### Definition of a Disciple (Matthew 4:19)

- “Come, follow me.” A disciple knows and follows Christ (head).
- “And I will make you.” A disciple is being changed by Christ (heart).
- “Fishers of men.” A disciple is committed to the mission of Christ (hands).

### Method of Discipleship

- Jesus was an intentional leader.
- Jesus did his disciple-making in a relational environment.
- Jesus followed a process that can be learned and repeated.
- An intentional leader + a relational environment + a reproducible process = an infinite number of disciples.

### Five Stages of a Disciple’s Growth

- Spiritually dead (unbelief).
- Spiritual infant (ignorance).
- Spiritual child (self-centeredness).
- Spiritual young adult (service, God-centeredness, other-centeredness).
- Spiritual parent (intentionality, reproducibility, & strategy).

### Moving Disciples Forward

- Spiritually Dead: share the gospel.
- Spiritual infant: share your life, share new truth, share new habits.
- Spiritual child: connect to God, connect to small group, connect to God’s purpose.
- Spiritual young adult: equip for ministry, provide ministry opportunities, release to do ministry.
- Spiritual parent: explain discipleship process, release to disciple another with your help, release to disciple alone.

### Description of a Disciplined Person

- Personal Bible study.
- Meeting together as part of a church.
- Serve others.
- Pray
- Give to others.
- Be in a relationship.
- Humble
- Share faith to those who will listen.

### Mastering the Discipleship Process (SCMD)

- Moving the spiritually dead toward life: **Share**
- Nurturing spiritual infants: **Share**
- Guiding spiritual children: **Connect**
- Training spiritual young adults: **Minister**

- Releasing spiritual parents: **Disciple**



## Session 2 – Defining Reality Assessments

“The unexamined life is not worth living.”—Socrates

**Synopsis of the Biblical Orientation Module:** In this module, we will introduce the MD<sup>5</sup> discipleship ministry. Through various assessments, we will help each man discern where he is on his spiritual journey to becoming the man God wants him to be. Then, each man will write his own eulogy, what he wants others to truthfully say about him on the day of his funeral. With the assessments as a starting point, and the eulogy as the finish line, each man is now prepared to develop a *Life Plan* that will take him from where he presently is to where he wants to be.

### MD<sup>5</sup> Assessment

#### ♦ Why Are Assessments Important?

- They are \_\_\_\_\_.

The Old Testament prophet Haggai wrote:

“Now, therefore, thus says the Lord of hosts: ‘**Consider your ways.** You have sown much, and harvested little. You eat, but you never have enough; you drink, but you never have your fill. You clothe yourselves, but no one is warm. And he who earns wages does so to put them into a bag with holes.’ Thus says the Lord of hosts: ‘**Consider your ways.**’” (Haggai 1:5-7 ESV)

- The assessments help us with the first job of leadership—defining \_\_\_\_\_.
  - The assessments help us identify \_\_\_\_\_. Blind spots are things others know about me that I do not know about myself.
  - The assessments stimulate \_\_\_\_\_ thinking and reflection.
  - The assessments provide a \_\_\_\_\_ for us to see what we need to improve.
  - The assessments allow us to \_\_\_\_\_ on key areas as we go through MD<sup>5</sup>. MD<sup>5</sup> will help you focus on the top 5% that only you can do—the fundamentals—Faith, Family, Friends, Finance, and Fitness.
  - The assessments help us determine if we are being men of \_\_\_\_\_.
  - The assessments enhance our \_\_\_\_\_ building (they point to specific, measurable spiritual disciplines, & goals.)
- ◆ **The MD5 Assessment is a spiritual snapshot of our lives.**
- Biblical Manhood
  - Family
  - Friends
  - Fitness
  - Finance
  - Faith
  - Margin & Habits

## Spiritual Gifts Assessment

**William Borden was heir to the Borden dairy fortune, but he abandoned immeasurable wealth to serve God as a foreign missionary. Tragically, he contracted meningitis before reaching his destination and died. Among his possessions was found scribbled in the flyleaf of his Bible, summarizing his life's passion: "No reserve, no retreat, no regrets."**

◆ **Why is a spiritual gifts assessment important?**

Our gifts are God's equipment, provided to help us grow in our faith. When we identify our God-given gifts and abilities, we know better how to serve our Father. God's Spirit empowers us to accomplish God's will for our lives. We live and share the Christian faith

with joy. And at the end of our work on earth we can say, “No reserve, no retreat, no regrets.” (Denison Forum)

## Spiritual gifts are to be used to fulfill God’s will in our lives!

- ◆ **When do we receive our spiritual gifts?**
  - At the moment of salvation (cf. 1 Cor. 12:7-11; Rom. 12:6; 1 Pet. 4:10).
  - **Why would we say that spiritual gifts are given to the believer at the moment of salvation?**
  
- ◆ **Where are the spiritual gifts listed in Scripture?**
  - Rom. 12:6-8
  - 1 Cor. 12:8-10, 28
  - Eph. 4:11
  - 1 Pet. 4:10-11
  
- ◆ **Does everyone have a spiritual gift? What are they?**

Yes, every believer has a spiritual gift. (cf. 1 Cor. 7:7; 12:7-11; Rom. 12:3; 1 Pet. 4:10) The following list of spiritual gifts is not exhaustive. There are actually other gifts but for simplicity, we have reduced the number to what we consider the nine major spiritual gifts.

- **Administration:** “The Spirit-given capacity and desire to serve God by organizing, administering, promoting, and leading the various affairs of the church.”
- **Evangelism:** “A God-given ability to share the Gospel of the Lord Jesus Christ and when it is shared people respond.”
- **Exhortation:** “The ability to come alongside someone who has a problem, and build them, encourage them, strengthen them, and bear their load.”
- **Giving:** “The Spirit-given capacity and desire to serve God by giving of his material resources, far beyond the tithe, to further the work of God.”
- **Mercy:** “The enablement to sympathize with a suffering person—to come alongside the poor, the sick, the orphan, the widowed, and those in prison, and minister. And maybe you won’t give them anything except your heart.”

- **Pastor-Teacher:** “The Spirit-given capacity and desire to serve God by overseeing, training, and caring for the spiritual needs of a group of Christians.”
  - **Prophecy:** “The Spirit-given capacity and desire to serve God by proclaiming God’s truth.”
  - **Serving:** “The Spirit-given capacity and desire to serve God by rendering practical help in both physical and spiritual matters.”
  - **Teaching:** “The Spirit given capacity and desire to serve God by making clear the truth of the word of God with accuracy and simplicity.”
- ◆ **According to Scripture, must one have particular spiritual gifts to show that he or she is saved or has the indwelling presence of the Holy Spirit? Is this a true statement? Why or why not?**
- ◆ **How do I discover what my spiritual gifts are?**
- Ask the Holy \_\_\_\_\_ to reveal your gift(s) to you and to help you use them.
  - Ask fellow \_\_\_\_\_ with biblical wisdom that you respect: Where do you see God at work in my life? What do you see God doing in me? What do you see God doing through me?
  - Take a spiritual gift \_\_\_\_\_ .
  - Most importantly , \_\_\_\_\_ where it appears God is working in your life.

**“Other people can preach better than I can, but God uses me to lead people to Jesus.”—D.L. Moody**

- ◆ **Do I develop gifts across time?** No verse of scripture indicates that this happens. However, the Spirit may manifest our gifts in different ways in different seasons.
- ◆ **How do our gifts work in concert with each other?** We are part of a larger body—this is why it takes a church working together to obey the scriptural mandates.

- ◆ **What about spiritual gifts we see on television?**
  - Gifts focus on glorifying God—not the speaker. Our goal is to glory God. If my point is to impress others more than God, I am out of the will of God.
  - Are people being drawn closer to Jesus?
  - The issue is not about how much faith I have but what my faith is in?
  
- ◆ **What is the difference between spiritual gifts and talents/abilities?**
  - A talent/ability is something innate – something with which you were born. The Holy Spirit may use that, but it is not a spiritual gift.
  
  - A spiritual gift is something God uses specifically to lead people to Christ, glorify God, and to advance the Kingdom.

### **Real Life Discipleship Wheel Assessment**

It is important that we understand where we are on Jim Putman's Real Life Discipleship Wheel. The Discipleship Wheel provides a visual assessment of where we currently are in our spiritual growth and then presents a visual plan of the steps that we need to take to become mature in Christ.

- ◆ **Does one have to be a spiritual parent to begin discipling another? Why or why not?**
  
  
- ◆ **Why is it important that we as a church have a process of making disciples that we all understand?**



## Eulogy Example

It is ironic that we gather today to remember our friend, colleague, father, and husband, George Washington. For those who knew George well, you know today would have been torture for him. You see, George never sought the spotlight or attention. Yet we know that he worked intentionally, tirelessly, and generously to support and serve those around him.

The ultimate motivation that fueled George's life was his faith and love for his Savior, Jesus Christ. George's faith took an increasingly prominent role in his life. His faith determined his purpose and his purpose drove his pursuits. Today, we celebrate in the knowledge and assurance that George is worshiping his Savior in heaven.

Any remembrance of George would begin with his family. "Family man" is a frequent term but one that hits the mark with George. His family was absolutely and always his primary focus. And that priority started with his wife Martha. George loved Martha and their marriage was truly a bond. They were partners in every aspect of life. They flourished in the common bond of sharing new and exciting experiences together. Martha challenged George to truly experience life and to that point George frequently commented that Martha was his motivation and inspiration. They grew spiritually, worked, exercised, traveled, and ministered together. He adored her and loved living life with her.

Their partnership translated to their children. George was blessed with four wonderful kids – George Jr., Thomas, Molly Jane, and Sally Sue. George was 100% invested in leading and loving his family. He embraced the adage that love is spelled "T.I.M.E." He was always there for his kids as coach, teacher, encourager, counselor, spiritual leader, and yes even the disciplinarian. He was their closest advisor, a comforting confidant, and an encouraging mentor. His greatest joy was seeing his family expand and grow and in turn see them lead and live in a godly and intentional way. George understood his family was his legacy and he was enormously proud of them.

George never measured success in numbers. It was not about money, materials, position, or a social network. For George success was always about impact and outcome. Professionally George was naturally analytical and driven toward leadership and operational effectiveness. Personally, George had an unassuming personality but sought intimate, close friends and relished small group encounters. The common bond was his desire to make things better and meet unmet needs. Both personally and professionally, George was observant toward areas where he could make a difference. At times this meant George would take the lead to start a new ministry or project; at other times this meant George would offer his time to consult on a new project; and still

at other times this meant he was more than willing to simply roll up his sleeves and take orders. In the end, George's desire personally and professionally was to be an example of a servant leader willing to put others ahead of himself and in turn leave an imprint for his family to follow.

George spoke often of the fact that he never understood why God chose to bless him so richly. One thing is certain, he never took this for granted and lived diligently to be the best steward possible of those blessings. The longer he lived the more he wanted to share those blessings with others, especially with those to whom a special blessing seemed to be needed the most.

George was not an emotional person and would not want any of us to mourn his passing. He would, however, encourage us to take a moment and evaluate our life. He prided himself on his preparedness and would ask first and foremost, are you prepared? Life is a vapor and then there is eternity. Where will you spend it? He would then ask us to take stock of what is most important and focus as much energy as possible on those things. The easy thing is to simply drift through life working hard, doing well, and enjoying the fruits of our labor. But the rewards of this life pale in comparison to the reward of heaven. Keep a strategic and eternal perspective and remember Matthew 6:21: "Where your treasure is there will your heart be also."

# **Life Plan Example**

## For the Year (calendar year)

### **Faith**

#### **Primary Commitment for (calendar year):**

- ◆ **Specific** – I will follow Tim LaHaye’s method in *How to Study the Bible for Yourself* to study through the entire Bible over the next three years.
- ◆ **Measurable** – I will read God’s Word daily from 5:30 a.m. to 6:00 a.m. prior to eating breakfast. No reading, no breakfast. I will keep a journal to monitor my progress.
- ◆ **Attainable** – By reading/studying one chapter per day for the next three years, I can journey through all of Scripture.
- ◆ **Relevant** – This goal is primary because I cannot be the man God has called me to be apart from his Word.
- ◆ **Time Stamp** – I will begin this systematic approach to Bible study on (insert calendar date).

### **Family**

#### **Primary Commitment for (calendar year):**

- ◆ **Specific** – I will establish a regular date night on (day) of each week. While on the date, I will listen intently to her answers to the following questions:
  - Initial Question: “On a scale of 1 to 10, how am I doing as a husband? What are some things I could do that would move that up a notch?”
  - Finish the following statement for me: “I don’t like it when you ...?”
  - Finish the following statement for me: “I appreciate it when you ...?”
  - If she is open, I will do the same exercise for her, but my main goal is to serve her in this exercise, not have her serve me.
- ◆ **Measurable** – We will establish Tuesday evenings as our regular date night each week.
- ◆ **Attainable** – Unless providentially hindered, we will maintain this practice ongoing.
- ◆ **Relevant** – This goal is primary because I am commanded to love my wife as Christ loved the church and gave His life for her.
- ◆ **Time Stamp** – We will implement our date night on (insert calendar date).

## Friends

### Primary Commitment for (calendar year):

- ◆ **Specific** – I will identify six men to serve as my pallbearers and invest in them.
- ◆ **Measurable** – I will identify one man each week for the next six weeks.
- ◆ **Attainable** – I am surrounded by like-minded men within my community, work, and church.
- ◆ **Relevant** – I am called to make disciples and invest in others. I'm tired of the "Lone Ranger" approach to life. I want men around me that will encourage and sharpen me.
- ◆ **Time Stamp** – I will have contacted all six men by (calendar date) and will invest in two men each month beginning in (calendar date).

## Finances

### Primary Commitment for (calendar year):

- ◆ **Specific** – Increase my giving to the church by 6% over and above my tithe over the next year.
- ◆ **Measurable** – I will increase giving by ½% each month from January to December.
- ◆ **Attainable** – Barring no major unexpected financial expenditures this should be possible.
- ◆ **Relevant** – God is a giver. As a Christ follower giving should be at the core of who I am.
- ◆ **Time Stamp** – I will begin this action on (calendar date).

## Fitness

### Primary Commitment for (calendar year):

- ◆ **Specific** – I will exercise four days per week to take better care of myself physically.
- ◆ **Measurable** – I will exercise Monday, Tuesday, Thursday, and Friday from 5:15 p.m. to 6:00 p.m.
- ◆ **Attainable** – Barring no major health issues this should be easily possible.
- ◆ **Relevant** – I must be in good health to have the energy and stamina to carry out God's will and keep up with my children.
- ◆ **Time Stamp** – I will begin this workout program on (calendar date).