



Jesus Men

Jesus Men Base Camp Practical Game Plan: Week One Goal – Within a culture of honor, we will see the heart of the Lord for each man, knowing their true self by the “Spirit” verses their false “fleshy” self, so that Father can use us to help them walk in their gospel identity, relationships, and calling in Christ by the Holy Spirit. (2 Cor. 5:16)

Worship Song: Goodness of God - <https://www.youtube.com/watch?v=-f4MUUMWMV4>

Connecting with Jesus:

1. Breathe deeply and ask the Prince of Peace, Jesus, to protect and quiet your heart (Romans 13:12, Ephesians 6:10-18; Psalm 46:10; Philippians 4:6-7).
2. Open your heart (relational circuits) to Jesus. Gaze on Christ with the eyes of your heart. (Hebrews 12:2, Revelation 12:11; Psalm 95:2; 100:4; Ephesians 1:16-18)
3. Tell Jesus what you are grateful for (write it down) (Psalm 95:2).
4. Listen to His response (write it down) (Isaiah 30:21; John 5:30, 8:47, 10:16, 27)
5. Listen for God’s voice (write down what he says). We could call this thought rhyming (getting your thoughts and feelings in sync with Jesus). John 10:27-28

J3’s (Jesus plus 3):

- We highly encourage each Jesus Man to be a part of a group of 3 other men around Jesus for the purpose of support, love, joy, and growth. We will recommend a simple game plan that will help access a lifestyle of connecting with Jesus and that activates the empowering presence of God (grace). These relational rhythms will strengthen the heart over time, resulting in healing and growth. They are designed to increase faith, love, joy, and peace, the essential culture of the kingdom of God (Romans 14:17).
- Suggested Sequence of an J3 time with Jesus and one another:
 1. Check in: I am feeling _____ and why _____. Examples: Sad, Angry, Scared, Happy, Excited, Tender. Conclude with “I’m in”. Only take 2-3 minutes per person. Avoid giving advice, correction, and fixing. Listen and attune to one another.
 2. Quiet yourselves and open your hearts to Jesus. Practice the “rest of faith” and “shaloming” yourself with gratitude. “Shalom” is the Hebrew word for “peace”. (1 Thessalonians 5:16; Philippians 4:6-7; Hebrews 4:3-6) Ask Jesus, “How do you feel about being with us?” and “Is there anything you want us to know?” Share with your J3 what you heard.
 3. Review the main point of the training that most impacted you. Read through a key Bible verse and share what it means to you and how you hope to apply it.
 4. Declare the decrees out loud with one another. Audible words from God have creative power.
 5. Pray the Luke 10:2 prayer: He told them, “The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field. Pray for and bless one another.

Word of God:

- Above all else, guard your heart, for everything you do flows from it. (NIV) Proverbs 4:23
- But the LORD said to Samuel, “Do not consider his appearance or his height, for I have rejected him. The LORD does not look at the things people look at. People look at the outward appearance, but the LORD looks at the heart.” 1 Sam. 16:7
- Teacher, which is the great commandment in the Law?” And he said to him, “You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself. On these two commandments depend all the Law and the Prophets.” (ESV) Matthew 22:36-40
- Now that you have purified yourselves by obeying the truth so that you have sincere love for each other, love one another deeply, from the heart. 1 Peter 1:22
- He is the one we proclaim, admonishing and teaching everyone with all wisdom, so that we may present everyone fully mature in Christ (Colossians 1:28).
- Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age (Matthew 28:18-20)

Decree: “I am a man who has received the gift of a new heart, through Christ. Therefore, I am a new species, a beloved son of God. My heart is filled with the empowering presence of God, the Trinity, enabling me to be transformed into the likeness of Christ (2 Corinthians 5:17; Ezekiel 36:26).

Father’s Blessing: May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul, and body be kept blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful, and he will do it (1 Thessalonians 5:23-24). I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people (Ephesians 1:18).

Prayer:

Heavenly Father,

Create in me a clean heart, O God, and renew a right spirit within me. (Ps 51:10) And this is my prayer: that your love may abound more and more in knowledge and depth of insight. (Philippians 1:9) I pray that out of His glorious riches, He may strengthen you with power through His Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen. (Ephesians 3:16-21)

Daily Practice This Week:

1. For five minutes, three times a day, express your gratitude to God. The goal is to raise your joy level.
2. Practice self-awareness around your heart. Throughout each day, ask yourself whether your heart is soft, open, and connected. If you find your heart closed and disconnected, practice quieting yourself, asking Holy Spirit for golden memories, and gratitude until your relational circuits open again.
3. Connect as often as possible throughout the week with Jesus plus 3 men, your J3.