

Review of 2009 Men's Retreat - 'Racing to Win – A race worth fighting for.'

Men's Prayer Breakfast, Feb 7th, 2009

The following is a summary of this year's NASCAR themed men's retreat. Barry Whitworth was our retreat speaker and I've done my best to condense and summarize his thoughts for a time of personal reflection and consideration.

Session 1: Qualifying for the race

1. Know why you are here (on earth): "What is God's plan for your life?" This is a deep thought for an early morning!
 - a. Jn 17:3-4 – That we might know God and to complete the work assigned to us
2. Know what we're supposed to do to bring Glory to God
 - a. I Cor 6:19-20 – I am not my own, I have been bought with a price.
 - i. Honor God with our bodies and life
 - ii. We only get one shot at life so don't mess it up! ☺
3. Know what you need to successfully complete the journey
 - a. Jn 17:17-18
 - b. Psalm 119:105
4. Successfully using what God gave you to complete the journey
 - a. Psalm 119:133 – Apply God's word to life

Reflection questions:

1. To begin the journey, you need to be on God's team. Beyond a shadow of a doubt, do you know that you are saved? Do you question your salvation or perhaps you know that you are not a believer? If you answered 'yes' to any of these questions, seek out a Christian and get resolution. Just do it!

2. Are you regularly reading the bible and spending time in prayer? Is this time fruitful or a drag? How can it be better? _____
3. Do you know why you are on earth and do you have peace about what you're supposed to be doing down here? Does that plan align with scripture? If you don't have a clue, what do you need to do to discover the answer? Seek someone to assist answering these questions if you need help.

Session 2: Starting well

1. You need to have healthy relationships in your life.
 - a. I Cor 15:33 – Bad company corrupts good character
 - b. Prov 27:17 - Iron sharpens Iron, so one man sharpens another
2. You need boundaries in your life for protection and joyful living.
 - a. I Cor 9:26-27
 - b. Prov 4:23
 - c. Psalm 37:3-6
 - d. There’s freedom when we operate and live within our biblically set boundaries, but painful discipline awaits us when we step outside the boundaries.
3. Accountability – Every man needs to have another man (men) to keep us honest and support us in times of need. *Trust is essential and the foundation for effective accountability*
 - a. Prov 27:17
 - b. Gal 6:1-2
 - c. 1 Thes 5:11
 - d. I Cor 11:1

Reflection questions:

1. Do you have broken relationships that need to be mended? Do you have relationships with any women that are unhealthy, sinful, or dangerous? If married, how is your relationship with your spouse? If unmarried, are you free from sexual immorality? What needs to change in this area?

2. What boundaries do you have in your life? Do you need to rebuild or relocate some boundary lines that have fallen apart or disappeared over the years? _____
3. Do you have accountability partners? If so, can you name them and would they name you if asked the same question? Do you need to find an accountability partner or two? If so, what steps do you need to take to make this happen? _____

Session 3: Racing to Win – Healthy Octane to get us to the finish line

1. Get your head in the race
 - a. Rom 7:14-20
 - b. 2 Cor 6:3-10
 - c. 2 Cor 11:23
2. Overcome the struggles we face in life
 - a. Living a moral life. Religion does not equal relationship with Jesus. Know the difference and don’t get fooled. Find and know Jesus personally
 - i. Prov 2:7
 - ii. Prov 3:32
 - iii. Psalm 24:3-4

- b. Be good stewards. God owns it all, including us. Joyfully give him your time, talents, and treasures.
 - i. I Cor 4:2
 - ii. I Cor 6:20
- c. Living Healthy lives. Mind, body, spirit, and emotions need to be healthy for us to race well and finish strong.
 - i. Rom 12:1-2
 - ii. I Cor 6:19
 - iii. Eph 4:22-23
- d. Making wise and godly decisions
 - i. Jer 10:23-24
 - ii. Psalm 19:7
 - iii. I Cor 3:18-19
- 3. Yellow flag issues. These are Holy Spirit warnings that tell us to SLOW down and get right.
 - a. Travel to ‘Repentance Row’ when flagged with a Yellow Flag warning
 - b. Worldliness – when I’m bigger than God in my life. I must decrease and He must increase.
 - c. Pride – live in the humility that comes from wisdom (Rom 12:3)
 - d. Fear of man – Fear God, not man. Be men of conviction.
 - e. Anger – Eph 4:26
- 4. Red flag issues. Holy Spirit warnings to STOP immediately and find Repentance Row!
 - a. Adultery, pornography, additions, lying, stealing, cheating, ...
 - b. * Repentance and Reconciliation is needed. Don’t throw in the towel, but fight to do what’s right. Don’t Give Up!!
- 5. Disqualified...
 - a. Rom 14:12 – Give an account to God
 - b. Death...

Reflection questions:

1. Morality check – how’s it going? _____
2. Stewardship check – are you tithing your time, talents and treasures? Areas of improvement needed here? _____
3. Health check – Mind, body, and spirit. How’s everyone doing? Who needs help? What steps need to be taken to get healthy? _____
4. Does your decision making include biblical wisdom and prayer support? Do you need to make changes in this area? _____
5. Yellow flag issues. Do you have any yellow flags waving in your life? Have you told your accountability partner to assist in the trek to Repentance Row? What needs to change in order to put that yellow flag away?
6. Red flag issues. Is the Holy Spirit shouting at you concerning a red flag warning? Obey God, repent and seek help to stay clean. _____

Session 4: Crossing the Finish Line – Finish Strong!!

Paul is our example on one who finished strong. Our goal is to leave a positive legacy behind.

3 qualities needed for the race

1. Convictions. Strong and fixed beliefs that we live by.
 - a. Gal 1:10-12
 - b. Rom 8:38-39
 - c. 2 Tim 1:12
2. Discipline – controlled behavior from disciplined training
 - a. Rom 6:12-14
 - b. Heb 12:7-8
 - c. Heb 12:1
 - d. Sin is NOT our master!
3. Faith. Believing what you cannot see...
 - a. Heb 11:1
 - b. Heb 11:6
 - c. Gal 2:20b

Leaving a legacy

1. Maintain godly character and conduct
 - a. Prov 22:1
 - b. 2 Pet 1:5
 - c. 1 Pet 1:15-16
2. Lead by convictions and values
 - a. Dan 1:8
 - b. Dan 1:15-16
 - c. Dan 6:10
3. Demonstrate godly love and compassion
 - a. Mat 22:39
 - b. John 13:34
 - c. Eph 4:32
 - d. Eph 6:4

“If I were to die today, what legacy would be left behind?”

Reflection questions:

1. Convictions, Discipline, and Faith. What are my struggles with these three, why do I struggle, and what needs to occur to resolve these struggles? _____
2. Godly character and conduct. How can I improve in this area? Have I given others in my life the freedom to correct me when I slip or to point out blind spots? Do I accept these chidings with loving acceptance? _____
3. Am I living by my biblically determined convictions and values? _____
4. Am I showing love and compassion to those around me? Do I verbally express my love to my family members regularly (and mean it)? Where do I need to improve? _____