



**MEN'S  
LEADERSHIP  
DEVELOPMENT  
GROUPS**

**SESSION 1 | HOMEWORK**

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## MONTHLY BOOK THE CURE CHAPTERS 1-4

- The goal of the Learning Guides is to help members read with greater intentionality and application.
- Four parts of the Learning Guides include:
  - > a brief summary of the book
  - > key insights
  - > personal application
  - > key quotes

## READ SACRED RYTHEMS CHAPTER 1

### BIBLE

BIBLE PASSAGE | Ephesians 1-3

MEMORY VERSE | Ephesians 1:4-5

PRAYER | God, in what ways do you hope I experience more life?

- Be prepared to quote the first memory verse. You will be called on to recite these verses, including the keyword and the reference. Spend time each month meditating on the verse, reading the context for the verse, and praying the monthly prayer.

## ASSIGNMENT MARRIED MEN :: GOODNIGHT KISS

- Starting tonight, ask your wife if you can give her a goodnight kiss. This isn't intended to be sexual. It is to be a way of bookending your day before you go to sleep. As you kiss her, think a prayer like "God, I love this woman you've given me. I'm letting go everything I hold against her from this day. I love her and forgive her." Make it a tender kiss. Let it wash away all the little irritations that might have built up. Don't go for passion. This is gentle, 'phileo' love, not 'eros' love.

Do this every night for the next 30 days and report back to the group how it went.

## ASSIGNMENT MARRIED MEN :: LETTER FROM YOUR WIFE

- For this assignment, you will ask your wife to write you a letter answering the question: "What do you hope I will gain from this group?"

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- Tell her that it is your desire to leverage this experience to become a better person and that her input and insight into areas of needed growth will be helpful for your awareness.
- When you receive the note, do not respond with any clarifying questions. Simply leave her a note or tell her that you are thankful for her help.
- Let her know that you love her and are grateful for her.

## **ASSIGNMENT SINGLE MEN :: BLESS AND DO NOT CURSE**

~~Think about someone in your life you have a strained relationship with. It could be someone who has wronged you, who annoys you, or a broken relationship.~~

~~Read Luke 6:28 and Matthew 5:44.~~

~~Pray about how the Lord would like you to relate to or think about this person and how our heavenly Father sees them.~~

~~Do something to bless them. Make it something that just expresses love to them without any strings attached or expectations of a response.~~

~~Pray for the relationship and for this person over the month.~~

~~Come prepared to share what you did and what has happened in your heart.~~