



POWER OF 4

Starter Kit - Workbook

"No man is an island" ~ John Donne

This tool was developed as an open and shareable tool to support new Power of 4 groups

www.powerof4ministries.org

POWER OF 4

WINNING FORMULA

Power of 4 Groups ARE made up of men that represent a man's inner circle like Jesus who had close friends; Peter, John, and James. (Book Forward) His mission—our salvation.

Power of 4 Groups ARE men gathering together as a group to work through life issues in a safe environment (page 184). We offer collective wisdom as husbands, fathers, brothers, and friends. (page 102)

Power of 4 Groups ARE focused on the lives of the men in your group; our life decisions, daily disciplines, and ethical considerations.

Power of 4 Groups ARE NOT narrowly focused with fidelity to characteristics like:

- Accountability Groups
- Mastermind Courses or
- Bible Study Groups



Primary Focus: **Men's Lives**

Suggested Size: **4 Men**

Meeting Frequency: **2 - 4 per Month**

Meeting Time: **60 - 90 Minutes**

"Our brothers' lives are our agenda (righteousness, self-awareness, and impulse control)... Three major sins continually challenge us: lust of eyes, lust of the flesh, and pride of life. People want the experience of those around them to shorten their own problem-solving." Come Ugly, Leave Full!



**CHECK ALL GUIDELINES AND PURPOSES THAT APPLY IN YOUR GROUP.
DISCUSS, COME TO AGREEMENT, AND SIGN BELOW.**



Our Group Guidelines

The purpose of our group is to connect and equip men to foster (check those that apply):

- Openness and a High-Level of Trust
- Truth and Transparency
- Greater Peace in Moving Forward
- Confidentiality and Trust
- Increasing Righteousness
- Deepening Faith and Spiritual Life
- Growth as a Disciples of Christ

Your Purpose & Preparation

- Attendance: To give priority to the meetings and relationships.
- Safety: To hold a safe place where men can be heard. Come ugly and leave clean.
- Confidentiality: To keep anything that is shared strictly confidential.
- Accountability: To give permission to group members to hold you accountable.
- Scripture: To ultimately rely on the truth of scripture as our final authority.
- Group Roles: To participate in being a supportive fellowship grounded by deeply devoted love and wellbeing of family, friends and other men



I commit to the other members of this group to honor the group purpose and guidelines:

Signed: _____

Date: ___/___/___

Capital C - Committed to Each Other:

We want the men in our group to be so committed to each other that they would do whatever it takes to make things right for another man. This may require confrontation at times to facilitate a smooth meeting flow but it shouldn't necessitate hard and fast rules mandating the way meetings proceed.



Our Meetings Focus on Men over Message:

Our focus is on doing-life-together and our group time together is relationship-oriented. We care for each other and provide value due to our similar life situations. If a man does not have the life experience to reciprocate in a relationship, they may continue to be on the learning-curve rather than the application-curve.



Meeting Norms and Expectations:

- Avoid giving advice
- No facilitator needed
- Deep respect for each other
- Emphasize unstructured time
- No one should watch the clock
- Foster an emotional connection
- Keep conversations free-flowing
- Consider yourself a leaderless group
- No sitting on the edge, wishing to go first. Be respectful. Wait your turn.
- On the other hand, don't be so respectful that no one talks first.
- Someone must be the initiator.
- Emphasize the share-aspect: One shares and others reflect back
- Think long-term. Grow together.
- Finish well together.
- _____
- _____

Write some additional notes on norms and expectations for your Power of 4 Group:

The Men in Our Power of 4 Group:

1. Name: _____
Phone Number: _____
Email: _____

2. Name: _____
Phone Number: _____
Email: _____

3. Name: _____
Phone Number: _____
Email: _____

4. Name: _____
Phone Number: _____
Email: _____

How we vet prospective men as guests:

1. What do you bring to the table that will benefit the other guys?

2. What do you need the other guys to bring to you?



This is not a good fit? You might consider:

- Meeting with one of the guys
- Try a Bible Study Group
- Try an accountability group
- Try a mastermind course
- Go start your own group
- Consider counseling

POWER OF 4 WORKBOOK STARTER KIT:

Suggested Topics for First 12 Sessions

Session 1: Introduction and Group Dynamics

- Objective: Introduction and establishment of group dynamics based on mutual respect and leaderless structure.
- Activities: Sharing personal stories, discussing the concept of a leaderless group, emphasizing respect and equal participation.

Write some notes from Session 1:

Session 2: Understanding and Experiencing God's Love

- Objective: Deepen understanding of God's love and its impact on personal life.
- Activities: Discussing scriptures on God's love, sharing experiences, emphasizing a natural, dialogue-driven approach.

Write some notes from Session 2:

Session 3: The Essence and Power of Prayer

- Objective: Explore the role of prayer in personal and communal life.
- Activities: Sharing on personal prayer life, discussing the importance of prayer without rigid structures.

Write some notes from Session 3:

Session 4: Accountability and Brotherhood

- Objective: Understand the role of accountability in spiritual growth.
- Activities: Sharing experiences of accountability, emphasizing respect and avoiding giving direct advice.

Write some notes from Session 4:

Session 5: Overcoming Temptations

- Objective: Share strategies and experiences in overcoming temptations.
- Activities: Group discussion on personal challenges, fostering emotional connection and understanding.

Write some notes from Session 5:

Session 6: Faith in Daily Life

- Objective: Share how faith influences daily decisions and lifestyle.
- Activities: Personal stories of faith, emphasizing fluid conversation and mutual respect.

Write some notes from Session 6:

Session 7: The Power of Forgiveness

- Objective: Understand and share experiences of forgiveness.
- Activities: Group discussion on experiences of giving and receiving forgiveness, emphasizing sharing and reflection.

Write some notes from Session 7:

Session 8: Serving Others

- Objective: Emphasize the importance of service in Christian life.
- Activities: Planning a service project, sharing past experiences of service, keeping the conversation free-flowing.

Write some notes from Session 8:

Session 9: Strengthening Families

- Objective: Share insights and challenges in family life.
- Activities: Group discussion on biblical principles for families, emphasizing an unstructured, respectful dialogue.

Write some notes from Session 9:

Session 10: Sharing Personal Testimonies

- Objective: Build each other's faith through personal testimonies.
- Activities: Each member shares their spiritual journey, others reflect it back, fostering a deep emotional connection.

Write some notes from Session 10:

Session 11: Christian Leadership in Life

- Objective: Understand and share principles of Christian leadership.
- Activities: Discussing examples of leadership, sharing personal experiences, avoiding rigid structures and advice-giving.

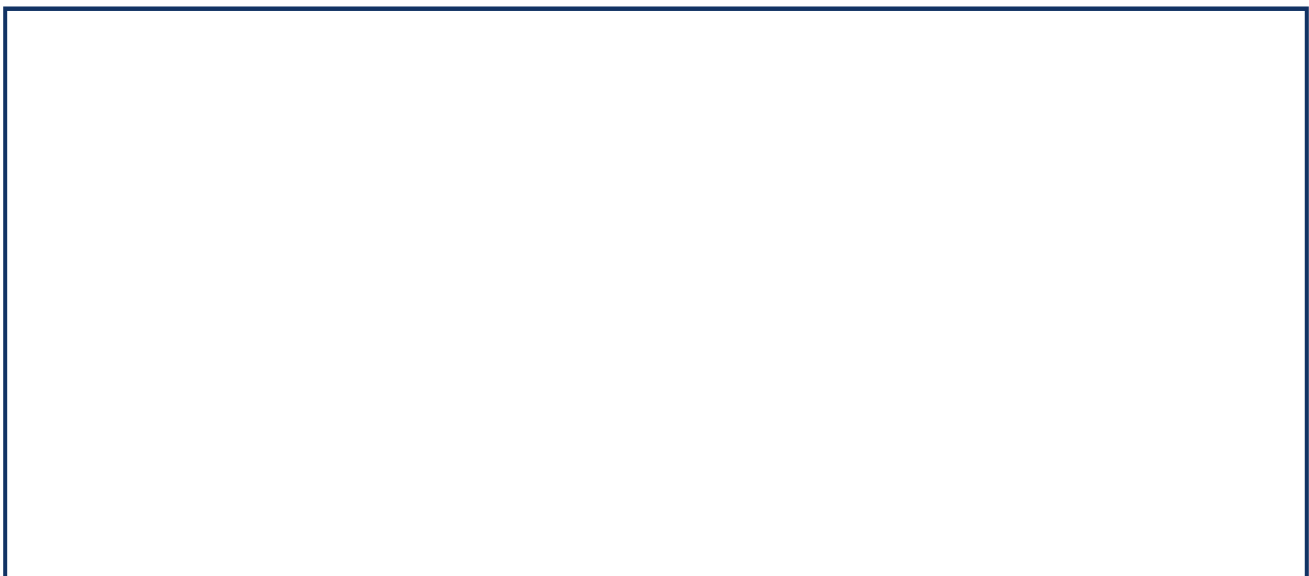
Write some notes from Session 11:



Session 12: Reflection and Forward Planning

- Objective: Reflect on progress and plan future goals.
- Activities: Reviewing progress, setting future topics, committing to long-term growth and fellowship.

Write some notes from Session 12:



General Best Practices for Power of 4 Groups:

- Emphasize a leaderless structure to foster equality and openness.
- Keep the group organic and unstructured to maintain a natural flow.
- Respect and reverence should be the foundation of all interactions.
- Encourage natural, free-flowing, and fluid conversations.
- Avoid clock-watching; the session ends naturally when the conversation comes to a close.
- Focus on understanding and emotional connection rather than giving advice.
- Promote active sharing and reflective listening.
- Encourage initiative while respecting turn-taking in conversations.
- Foster a long-term view of growth and finishing well together.
- Own your time by asking the group to discuss what you need.



We would love to hear about your Power of 4 group's experiences, insights, and stories.

Connect with us at www.powerof4ministries.org and share your group journey.

Let's strengthen each other and grow together!