A FORMATIONAL PURSUIT NO. 01

VP MEN'S P.L.A.N.

A SIMPLE **GAME PLAN** FOR YOUR DISCIPLESHIP

P – PREPARE

L – LIVE

A – ALONGSIDE

N – NEXT

PURPOSE. PRACTICE. **PROXIMITY.** PURSUIT.
INVITE. INVEST. INSPIRE. MULTIPLY.

NO MAN PURSUES GOD **ALONE.**

HOW TO USE THE P.L.A.N.

A SIMPLE GAME PLAN FOR YOUR DISCIPLESHIP

Every man needs a plan.

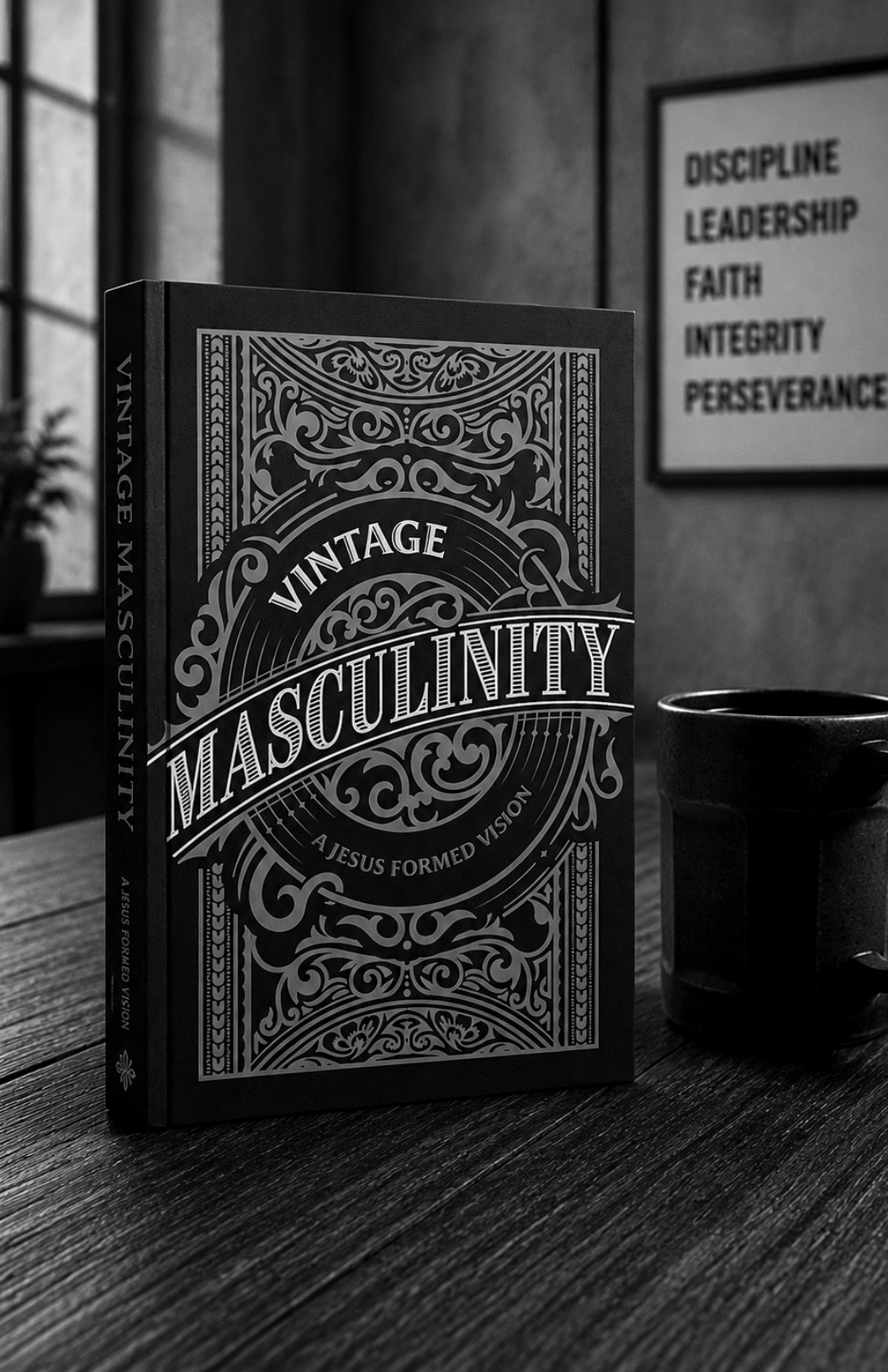
- A **GAME PLAN** - for where you're going.
- A **BATTLE PLAN** - for what you're fighting.
- A **FORMATION PLAN** - for who you're becoming.

Spiritual growth rarely happens by accident. The P.L.A.N. is a simple way to take responsibility for your formation, pursue Jesus intentionally, walk with other men, and help someone else do the same.

P - PREPARE	**PURPOSE**	Get a Jesus-shaped vision for the man you're becoming.
L - LIVE	**PRACTICE**	Practice the Rhythms of Jesus.
A - ALONGSIDE	**PROXIMITY**	Get into a cohort. Show up. Open up. Get known.
N - NEXT	**PURSUIT**	Invite. Invest. Inspire. Multiply.

This isn't a plan to earn God's approval. It's a plan to intentionally participate in what God is already doing in you.

Start simple: choose one next step in each area and commit to it for the next 90 days.


DISCIPLINE
LEADERSHIP
FAITH
INTEGRITY
PERSEVERANCE
VINTAGE
MASCULINITY
A JESUS FORMED VISION
VINTAGE MASCULINITY
A JESUS FORMED VISION

P - PREPARE

DISCIPLESHIP HAS A PURPOSE.

You can't prepare for a purpose you haven't defined. Before you can build a plan for the man you're becoming, you need a clear vision of the man Jesus is calling you to become. Vision gives preparation a direction.

"We don't rise to the level of our expectations; we fall to the level of our preparation."

But preparation begins with purpose. If you don't know what you're preparing for, you won't know what to prepare. That's why discipleship begins by getting a Jesus-shaped vision for your life and masculinity. Once you can see the man you're called to become, you can begin intentionally preparing to become him.

YOU CAN'T PREPARE FOR WHAT YOU CAN'T SEE. VISION GIVES YOUR PREPARATION A TARGET.

Start by reading Vintage Masculinity. The goal isn't simply to finish another book. Use it to develop a biblical vision for the kind of man Jesus is forming you to become and honestly evaluate six areas of your life.

CONVICTIONS	What do I believe?
CONTEND	What battle am I facing?
CORE	Who am I beneath the surface?
CHARACTER	Who am I becoming?
CALLING	What has God given me to do with my life?
COMMUNITY	Who am I doing life with?

DON'T SOLVE ALL SIX TODAY. Read the book and identify the one area God is putting His finger on right now.

TALK ABOUT IT

Where do you believe God most wants to grow you right now?

What's one battle you know you need to address?

MY PLAN

■ Get a copy of Vintage Masculinity

■ Begin reading by: _____ ■ Finish by: _____

The area I especially want God to work on is:

Don't just ask, "What do I want to accomplish?"
Ask, "Who am I becoming?"

NOTES

Use this space to capture what God is showing you.

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L - LIVE

DISCIPLESHIP HAS A PRACTICE.

There are intentional practices for our daily lives that align us to **experience Jesus more deeply and express His life more fully.**

We call these practices the **Rhythms of Jesus.**

Rhythms are strong, repeated Kingdom values that we intentionally adopt and practice so our lives are increasingly formed into the likeness of Jesus Christ.

We call them Rhythms instead of simply values because values that are not practiced consistently eventually become little more than good intentions. Jesus didn't simply tell His disciples to hear His words - He told them to put His words into practice.

Practicing the Rhythms isn't about earning God's approval or checking spiritual boxes. It's about intentionally arranging our lives around Jesus so we can encounter His presence, develop deep roots in Christ, and partner with the transforming work of the Holy Spirit.

PRACTICE ALL. FOCUS ON A FEW.

The 11 Rhythms aren't a checklist, and you aren't choosing which ones matter. Together they describe a way of life with Jesus. Review all 11, identify 2-3 that need intentional attention in this season, then choose a simple practice under each to focus on for the next 90 days.

NEW TO THE RHYTHMS? START HERE.

Begin with BREATHING and ALIGNING: spend 15-30 minutes in Scripture and 10-15 minutes in prayer each day. Start there, build consistency, then intentionally add the other Rhythms over time.

The **RHYTHM** identifies where you want to grow. The **PRACTICE** identifies what you're going to do.

WHAT DOES FOLLOWING JESUS ACTUALLY LOOK LIKE IN MY EVERYDAY LIFE?

THE RHYTHMS OF JESUS

DYING

The Christ-Centered Life

Jesus teaches that the way to truly live begins by dying to self. Dying means surrendering our agendas, preferences, pride, control, comfort, and ambitions so Jesus becomes the center of our lives. It's the daily decision to say, **“Not my will, but Yours.”**

PRACTICE IT

Begin each morning by surrendering your day to Jesus. Pray, “Jesus, today is Yours. My plans, preferences, desires, and decisions belong to You.” Identify one area where God is asking you to obey and take the next step - even if it costs you something.

LIVING

The Spirit-Filled Life

Following Jesus was never intended to happen through human strength alone. Jesus gave us the Holy Spirit to fill, guide, empower, convict, comfort, and transform us. Living means learning to depend upon the Spirit rather than relying only on our own discipline, ability, experience, or strength.

PRACTICE IT

Before you begin your day, ask the Holy Spirit to fill and lead you. Pause before conversations, decisions, or difficult moments and pray, “Holy Spirit, what are You doing here, and how do You want me to respond?”

BREATHING

The Word In & Through Us

Just as breathing sustains physical life, God's Word sustains spiritual life. We **inhale** Scripture by reading, studying, meditating on, memorizing, and obeying it. We **exhale** Scripture by speaking truth, encouraging others, teaching what we're learning, and sharing the message of Jesus.

PRACTICE IT

Spend 15-30 minutes each day reading the Bible. If you don't know where to begin, start with one of the Gospels. Then exhale what you're learning: text someone a verse or share what God is teaching you and how you're applying it.

THE RHYTHMS OF JESUS

ALIGNING

Prayer & Humility

Prayer isn't simply asking God to align Himself with our plans. It's allowing our hearts, motives, thoughts, desires, and decisions to become aligned with His. Aligning means creating space to meet with God, listen to Him, confess honestly, surrender control, and give Him permission to search every area of our lives.

PRACTICE IT

Set aside 10-15 minutes each day to pray without distractions. Spend time talking to God and listening. Ask, “God, is there anything in my heart, attitude, relationships, or decisions that is out of alignment with You?” When He reveals something, confess it and respond.

WORSHIPPING

Glorifying & Enjoying God

Worship is more than singing. Worship is a life oriented around the worth of God. It's seen in how we work, spend money, lead, serve, parent, respond to people, handle pressure, pursue dreams, and steward success. The heart of worship seeks God's presence, enjoys Him for who He is, and desires to glorify Him in everything.

PRACTICE IT

Begin or end each day by naming three things you're grateful to God for. Put on a worship song, take a walk, or spend time quietly enjoying His presence. Choose one ordinary part of your day and intentionally do it for God's glory.

IDENTIFYING

Baptism & Communion

Following Jesus is both personal and public. Baptism identifies us with the death and resurrection of Jesus and declares that our old life has been buried and we now belong to Him. Communion continually brings us back to the cross and reminds us that we belong not only to Jesus but also to His body, the Church.

PRACTICE IT

If you've never been baptized as a follower of Jesus, talk with a pastor or spiritual leader about taking that step. When you take communion, pause, remember the cross, confess, give thanks, and celebrate what Jesus has done.

THE RHYTHMS OF JESUS

CULTIVATING

Community With Others

Men were never designed to follow Jesus alone. God forms us through relationships where we can be known, challenged, encouraged, corrected, forgiven, strengthened, and sent. Discipleship happens best in intentional relationships as we invite, invest, and inspire one another toward Jesus.

PRACTICE IT

Meet regularly with a small group of men centered around Jesus. Find two or three men - or join an existing men's group - and commit to consistently pursuing Jesus together. Read Scripture, pray, talk honestly, encourage and challenge one another, and hold each other accountable.

DON'T PURSUE JESUS ALONE.

NURTURING

Family on Mission

Our closest relationships are one of the primary places discipleship becomes visible. A family on mission does more than attend church together. They learn to follow Jesus together through prayer, Scripture, serving, generosity, forgiveness, hospitality, and everyday conversations about faith.

PRACTICE IT

Create intentional spiritual moments with your family. Pray together, read a short passage of Scripture at dinner, talk about what God is teaching you, or serve someone together. Make following Jesus something your family does together, not simply something you attend together.

STEPPING

Into the Misery & Margins

Jesus consistently moved toward people others ignored, avoided, judged, or abandoned. Stepping means refusing to live insulated from the pain and needs around us. It's moving toward brokenness with compassion, courage, practical help, and the hope of Jesus. It's more than awareness. **It's action.**

PRACTICE IT

Look for people around you who are struggling, hurting, poor, or in need - and intentionally step toward them. Serve at a local outreach, food pantry, shelter, prison ministry, or community organization. Go on a mission trip, serve with your church, or meet a practical need right in front of you.

DON'T JUST NOTICE THE NEED - TAKE A STEP TOWARD IT.

THE RHYTHMS OF JESUS

LEVERAGING

All That We Have

Everything we have has been entrusted to us by God. Our time, money, abilities, relationships, opportunities, possessions, experiences, and influence aren't merely resources for our own comfort. They're resources we can steward for God's purposes.

PRACTICE IT

Take inventory of what God has entrusted to you - your time, money, skills, home, relationships, opportunities, and influence. Choose one and intentionally use it for someone else. Give generously. Open your home. Use your skills. Volunteer your time. Help meet a need.

USE WHAT YOU HAVE FOR SOMETHING BIGGER THAN YOURSELF.

MULTIPLYING

Disciples Who Make Disciples

Jesus didn't simply call men to follow Him. He called them to help others follow Him. Multiplying is intentionally investing the life of Jesus in another person so that he can follow Christ faithfully and eventually help someone else do the same. A mature disciple asks, **"Who am I helping grow?"**

PRACTICE IT

Write down the name of one person you could intentionally help follow Jesus. Invite him to meet regularly to read Scripture, pray, talk honestly about life, and practice following Jesus together. You don't need to be an expert or have all the answers.

SHARE WHAT YOU'RE LEARNING WHILE YOU'RE LEARNING IT.

THE GOAL IS FORMATION

The goal of practicing the Rhythms isn't perfection. **It's formation.**

We practice these Rhythms so that over time our lives increasingly look like Jesus - not simply men who know more, attend more, or believe the right things, but men being formed into His likeness and learning to live His way in every area of life.

We don't practice the Rhythms to earn life with God. We practice the Rhythms because we have life with God.

THE RHYTHMS TURN DISCIPLESHIP FROM SOMETHING WE BELIEVE INTO A WAY WE LIVE.

MY 90-DAY RHYTHMS PLAN

Choose 2-3 rhythms that need intentional attention. Pick one practice for each and make it specific.

RHYTHM 1:

_____

My practice:

_____

_____

When / how often:

_____

RHYTHM 2:

_____

My practice:

_____

_____

When / how often:

_____

RHYTHM 3:

_____

My practice:

_____

_____

When / how often:

_____

Formation isn't just what you know. It's what you repeatedly practice.

NOTES

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THE
NORTH
FACE

A - ALONGSIDE

DISCIPLESHIP HAS A PROXIMITY.

You need people who actually know you.

Jesus formed His disciples in proximity - walking, eating, traveling, praying, serving, and doing life together. You weren't designed to pursue Jesus alone.

WE ALL NEED A SAFE PLACE TO SAY DANGEROUS THINGS.

A place where you don't have to perform. A place where you can say: I'm struggling. I'm scared. I'm tempted. I'm angry. My marriage isn't okay. I don't know what I'm doing. I need help.

TALK ABOUT IT

Who knows what's really happening in your life right now?

_____

Who can ask you the hard questions?

_____

Where are you tempted to isolate?

_____

MY PLAN

I will join/connect with this cohort:

_____

We will meet: _____

The men I am committing to be known by:

1. _____ 2. _____ 3. _____

SHOW UP. OPEN UP. TELL THE TRUTH. STAY KNOWN.

NO MAN PURSUES GOD ALONE.

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N - NEXT

DISCIPLESHIP HAS A PURSUIT.

You need someone you're intentionally pursuing.

Following Jesus eventually turns our attention outward. You don't have to be a Bible expert or have everything figured out. Simply ask:

WHO'S MY ONE?

Think about the people God has already put around you - a friend, coworker, neighbor, son, brother, teammate, or guy at the gym.

INVITE Build a friendship with purpose.

INVEST Help him take steps toward Jesus.

INSPIRE Encourage him toward the man God is calling him to become.

MULTIPLY Help him become the kind of disciple who will do the same for someone else.

The goal isn't simply disciples. It's disciples who make disciples.

TALK ABOUT IT

Who keeps coming to mind?

_____

What might intentional pursuit look like?

_____

MY NEXT STEP

■ Text him ■ Grab coffee ■ Invite him to my cohort
■ Read Scripture together ■ Read *Vintage Masculinity* together
■ Pray with him ■ Start a new cohort
■ Walk with another man through our Explore Questions booklet
■ Share a Vertical Pursuit Podcast episode and discuss it
■ Share your faith journey or testimony with another person
■ Ask how you can pray for someone
■ Other: _____

I will do this by: _____

Don't wait until you're fully formed to help form someone else.


Repair

NOTES

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VERTICAL PURSUIT

VERTICALPURSUIT.ORG