



MEN'S STUDY

1 TIMOTHY 4:15

Practice these things, devote yourself to them, so that all may see your progress. Keep a close watch on yourself and on the teaching...

September 30, 2026

PRAYER OF FORMATION

I am no longer my own, but yours.

**Point me to what you will,
rank me with whom you want.**

**Put me to action,
put me to suffering.**

**Let me be employed for you,
or laid aside for you.**

**Exalted for you,
or brought low for you.**

Let me be full, let me be empty.

**Let me have all things,
let me have nothing.**

I yield myself to your desires.

I seek your glory.

Father, Son, and Holy Spirit –

I am yours and you are mine.

**Be the center of my life and the
ground of all my hopes.**



Discussion Questions

- Of the 4 arms from the cross of reality. Which are you most prone to stay in or gravitate towards? Which is most painful for you to move towards?
- Read again Mark 8:31-38.
 - What do you think Peter does that is setting the mind on the things of man and not of God?
 - What things would include denying yourself to follow Christ, that may be atypical but are like taking up a cross?
- Read Ephesians 4:11-16 - this passage speaks of maturity
 - Consider how maturity is achieved in this passage.
 - How prominent is the need to rely on one another?
 - How is the body grown and matured?
- Where are you being stretched into maturity? Where do you see God asking you to step forward in love, and to grow in caring for others?

A Task for October: Schedule two meals this upcoming month. Ask those who you consider more mature than you in some particular way. And say yes to whomever might ask you. If no one asks you - then ask another person to lunch.

- Add these passages to your daily prayer practice.
- Cross of Reality: Deut 8, Mark 8:27-38, Luke 10:27, 2 Corinthians 4:13-5:10
- Past: Joshua 4, 1 Samuel 7:12, Deut 8, Ps 77:11-12, Eccl 12:1, Acts 20:35
- Future: Genesis 12, Rev 21/22, Jeremiah 31, Ezekiel 36-39, Is. 65:17-18,
- Out: Acts 1:8, Matt 28:18-20, Gen 1, 11, Luke 11:2-4, Luke 10:1-12, Mk 1:17
- In: Jer. 17: 9-10, Prvb 4:23, 20:5, Mark 7:21-23, Ps 119:11, 1 Sam 16:7, 1 Peter 1:13-17