

- ➡ Why should Christian men stand up for traditional marriage between one man and one woman?

F A M I L Y

- ➡ What does biblical *protection* look like for a family? What precautions can you put in place?

- ➡ Why do strong families matter in this day and age? How are you investing in the next generation today?

MEMORY BIBLE VERSE: *"Husbands, love your wives, just as Christ loved the church and gave himself up for her...Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord" (Ephesians 5:25; 6:4).*

Energetically involved in *building up* a local body of believers...

- ➡ **5. Support the mission of his church by honoring & praying for his pastor and by actively giving his time & resources.**

QUESTIONS FOR STUDY & REFLECTION

- ➡ Do you attend, or have membership in, a local church?

- ➡ How have you shared your time and talents at church?

C H U R C H

- ➡ Are you holding back on making a full commitment to a church?

- ➡ Are there a group of men in your church who pray for, and look for ways to honor, your pastor (and family)?

MEMORY BIBLE VERSE: *"The elders who direct the affairs of the church well are worthy of double honor, especially those whose work is preaching and teaching" (1 Timothy 5:17).*

Tirelessly forgiving and embracing Christians from different backgrounds...

- ➡ **6. Reach beyond any racial and denominational barriers to demonstrate the power of biblical unity.**

QUESTIONS FOR STUDY & REFLECTION

- ➡ What types of divisions occur among Christian men?

- ➡ What issues can you work on as you interact with people different from yourself?

- ➡ Do you ever notice in yourself an attitude of pride when dealing with or talking about certain groups of Christians?

U N I T Y

- ➡ Is there another Christian you're holding a grudge against right now? Why does our unity matter to the outside world?

MEMORY BIBLE VERSE: *"I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me" (John 17:20b-21).*

And a tender *warrior* laboring to see others know and grow in Jesus Christ.

- ➡ **7. Influence his world, being obedient to the Great Commandment (Mark 12:30-31) and the Great Commission (Matthew 28:19-20).**

QUESTIONS FOR STUDY & REFLECTION

- ➡ What are some specific ways we can be Christ's representatives to the world, demonstrating Him to those around us?

E V A N G E L I S M &

- ➡ How can you follow Christ's teachings to "love others" and "make disciples" even when its tough, without falling into a work-oriented approach to your spiritual life?

D I S C I P L E S H I P

- ➡ Does your life and the way you carry yourself communicate anything inviting about your Savior? Do you have *joy*?

- ➡ What are some ways you can reach out to non-Christians around you, either at work or in your neighborhood?

MEMORY BIBLE VERSE: *"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age" (Matthew 28:19-20).*

*An extensive, printable list of Scriptural references for each of the 7 Promises of a Promise Keeper can be found on our website.

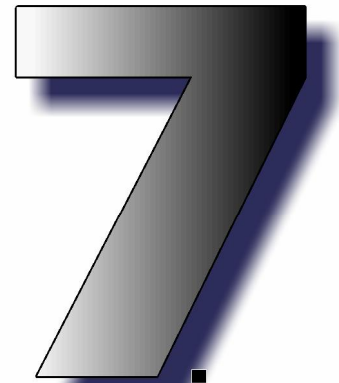
For more information about the ministry Promise Keepers or the 7 Promises, please visit us online at www.promisekeepers.org.



P.O. Box 103001, Denver, CO 80250
Copyright 2004, Promise Keepers. All rights reserved.

All Scripture quotations are taken from the HOLY BIBLE, NEW INTERNATIONAL VERSION® NIV®. Copyright © 1973, 1978, 1984 by International Bible Society. Used by permission of Zondervan Publishing House. All rights reserved.

Written and designed by JEFFREY A. LEEVER, SPLASH! EDITORIAL & MARKETING (ARVADA, CO), splasheditorial@hotmail.com



Promises of a Promise Keeper

Calling Men to a Higher Standard

A PROMISE KEEPER IS COMMITTED:

1. To honor Jesus Christ through worship, prayer, and obedience to God's Word in the power of the Holy Spirit.
2. To pursue vital relationships with a few other men, understanding that he needs brothers to help him keep his promises.
3. To practice spiritual, moral, ethical, and sexual purity.
4. To build strong marriages and families through love, protection, and biblical values.
5. To support the mission of his church by honoring and praying for his pastor and by actively giving his time and resources.
6. To reach beyond any racial and denominational barriers to demonstrate the power of biblical unity.
7. To influence his world, being obedient to the Great Commandment (Mark 12:30-31) and the Great Commission (Matthew 28:19-20).



THE BACKGROUND & HISTORY OF THE 7 PROMISES OF A PROMISE KEEPER

For more than a decade, the international men's ministry Promise Keepers has raised the standard for men worldwide. Along the way, our ministry has received countless inquiries asking what integrity looks like in the life of one man.

The 7 Promises were formed to paint the picture of a man made in God's image, living in that image. In a world of so many false models for manhood, we believe men need to discover and recover the lives they were made for, resembling their Image-Giver in the process.

"God is not a man, that he should lie, nor a son of man, that he should change his mind. Does he speak and then not act? Does he promise and not fulfill?"

— Numbers 23:19

The 7 Promises describe a man's life when he lives with *biblical integrity*. They are not intended to simply prescribe outer behaviors, or serve as another list of duties to follow or commandments to heed. They represent personal commitment areas in which to grow—a transformation that occurs from the inside out—through the power of the Holy Spirit.

WHY DO THE 7 PROMISES MATTER?

Promise Keepers asks men to receive an all-important, over-riding promise that only God can keep. The promise of a new spiritual life, a new beginning. When God gives a man a new life through Jesus Christ, his life is transformed from the inside out.

Becoming a promise keeper is a *process* in which a man acknowledges the grace and strength available through God's guiding power. The Promises identify seven areas in a man's life that are paramount benchmarks. Consider them an integrity-focused summary of biblical manhood, not a man-made list concocted to weigh men down. Whether you are experiencing them for the first time or they seem well-known, study the seven areas in this pamphlet alongside their biblical references and key questions—either individually or with a group—and see what you discover.

A man spiritually alive and connected to his Creator, *brave* enough to follow...

1. Honor Jesus Christ through worship, prayer, and obedience to God's Word in the power of the Holy Spirit.

QUESTIONS FOR STUDY & REFLECTION

➡ When you think of honoring Jesus Christ in worship, what comes to mind? Examining your heart, is there some activity in your life that currently *draws you away* from worship of God that you can eliminate or reduce?

P E R S O N A L

➡ A well-known preacher has stated, "If you do not feel like praying, it is probably a good indication that you should start praying immediately." Has there been a time when you didn't feel like praying, but did anyway?

W O R S H I P

➡ Who's guiding your life, God or you? Do you know when to give up control and turn things over to God?

➡ How would you rank yourself in the areas covered by this first promise (worship, prayer, and God's Word)? How would someone who knows you well rank you?

MEMORY BIBLE VERSE: "Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" (Romans 12:1-2).

In meaningful fellowship with his friends, for encouragement and accountability...

2. Pursue vital relationships with a few other men, understanding that he needs brothers to help him keep his promises.

QUESTIONS FOR STUDY & REFLECTION

➡ Do you have friends in your life to whom you are accountable (someone you look up to, a peer, and someone who looks up to you)? Are there men with whom you are comfortable admitting your struggles?

F R I E N D S H I P S

➡ It's 2 AM and you're having a crisis. Who do you call?

➡ Do you feel like you are alone? In what ways do you feel isolated from others (family, work, personal struggles)?

➡ Do you have someone you teach and encourage? Does someone specifically fill that role for you?

MEMORY BIBLE VERSE: "Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken" (Ecclesiastes 4:12).

Holding to the *highest* personal behavior and moral standards...

3. Practice spiritual, moral, ethical, and sexual purity.

QUESTIONS FOR STUDY & REFLECTION

➡ Does it bother you when Christian men have inconsistent integrity—moral and ethical purity in some situations but not others? How can you avoid similar behavior?

➡ Can you think of someone who practices integrity in his spiritual life? What sets him apart?

P U R I T Y

➡ Are you hooked by seductive images on the Internet? Will you admit your struggle and seek accountability?

➡ When your conscience makes you think twice about your behavior, do you sometimes rationalize it away "because [fill-in-the-blank] is worse"? Do you define yourself by what lines you won't cross, or by God's true standards?

MEMORY BIBLE VERSE: "For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin. Let us then approach the throne of grace with confidence" (Hebrews 4:15-16a).

Championing the institutions of fatherhood and traditional marriage...

4. Build strong marriages and families through love, protection, and biblical values.

QUESTIONS FOR STUDY & REFLECTION

➡ What are some practical ways you can serve your wife, if married? If you begin to do these things, do you think your relationship will grow? Will you grow in Christ?