

FUELED

— SPIRITUAL FUELING PLAN —



FOR MEN WHO
RUN ON EMPTY

In conjunction with the book

THE TITUS TEN

by J. Josh Smith

» focusedliving

Helping men pursue a **focused** life

A Note to the Reader

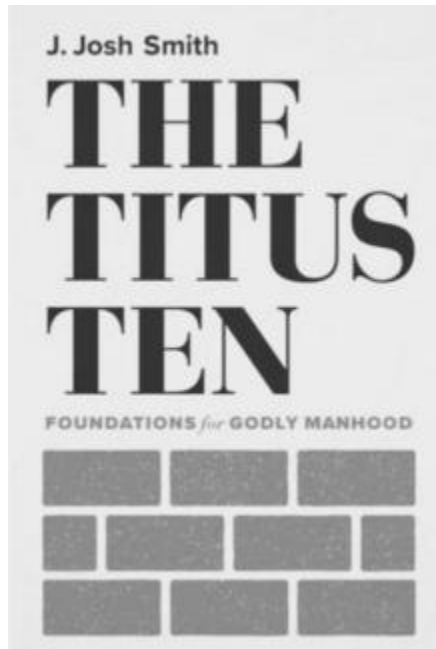
This “Fueled” tool was originally designed as a summer agenda for the men of Columbia, SC who are involved in Focused Living Men’s Forums. This booklet is formatted to help men process a Christian book while reading corresponding scripture so they may grow deeper in their love for Christ. Though the rhythm and format of this tool are geared toward the Men of FLM, **this booklet can be used for any individual or small group study...any time of year!**

You were designed to be both **FILLED** and **FUELED** with God’s grace and truth in His Spirit (John 1:14). The temptation during the summer months is to take a vacation from God. That is why so many of God’s men run on empty and end up falling out of fellowship with the Lord. Don’t do it! **FILL** your mind with His truth and **FUEL** your heart with the high-octane fellowship of God and some of His men.

To help guide our focus in the Scriptures this summer, we will be reading through the following book:

The Titus Ten by J. Josh Smith

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Plan of Action

So that you don't run on empty this summer, we encourage you to fuel your life in the Lord by doing the following:

- ◆ **Personally dedicate 3-4 unhurried blocks of time** each week in the summer: basically, every other day for 20-30 minutes.
- ◆ **How to interact with a chapter from The Titus Ten.**
On each journal page in this Fueled guide, we included some reflection and applications questions. It's probably most helpful to quickly read these before you read the book chapter. We also recommend having your Bible open so you can find the Scriptures mentioned in your own Bible. As always, record a few of your thoughts, insights and applications on these journal pages. This gives the Holy Spirit room to transform you by driving the truth of His Word from your head to your heart. You will notice that two pages are set aside each week for journaling the book chapter. You may find it beneficial to allot two sittings to finish the book chapter each week. It may be meaningful to finish your time by writing a prayer from the heart in response to your time with the Father.
- ◆ **Meet with men** each week to hear their insights and share your own to build up one another in Christ.



Meeting with God

We are hoping that you come to view your time alone with God, not as “Reading the Bible” but as “Meeting with God.” Recognize that God longs to meet with you and to impress His truth on your heart.

There are a variety of ways to process your time alone with God. The next page also provides a simple outline to process the Word. Choose a way that resonates with you in this season of your life. Whichever way you choose to process scripture, we encourage you to...

- ALWAYS WRITE SOMETHING DOWN
- ALWAYS BEGIN AND END WITH PRAYER

The passages and verses contained in this guide are provided to focus your attention on a particular theme or principle. It’s certainly fine, and advisable, to scan the surrounding verses to get a sense of the context.

On each Scripture reading day, you’ll see some “prime the pump” questions printed right underneath the Scripture addresses for that day. We recommend reading these first to tune your antenna towards the topic you’ll be reading. We hope these are thought provoking and application inspiring.



A Way to Organize Your Time with God

WHO are you addressing?

Always start your time with a quiet, reverent prayer of praise. Recognize that you are coming into the very presence of your Creator, eternal God and gracious Lord! As you approach the Father remember that it cost Him His own Son to forgive your sin so that you could come into His presence forgiven and with great joy.



WHAT is God saying?

Read the passage as though you were there. Slowly read it at least twice to get the big picture context and to understand what is taking place. Smell the surroundings; hear the crowds; see the sights; feel the emotions; sense the relationships. Note the Who, What, Where, Why and How. Record any promises, principles, insights, commands or challenges.

SO WHAT is God saying to you?

Stop to reflect and listen. In particular, what most grabbed your attention, stirred your mind or gripped your heart? *“God, what do You want me to learn from this today? Why this word, why here, why now?”*

NOW WHAT is God asking you to do?

What will you do with the truth God has revealed to you? How will you obey it, process it, apply it and live it out? What is the one thing He is asking you to practically think, say or do in order to become more like Christ? With whom will you share today what you discovered while in His presence? We encourage you to write out a short, heartfelt prayer to the Lord asking Him to help you to be faithful in living out the truth He gave to you.

Forum Flow

*****This is not a book report.*****

The weekly reading includes one chapter from *The Titus Ten* and two days' worth of related scriptures. To make facilitating a discussion on this material less overwhelming and more fun, we encourage a **two-man sharing team** each week. We call these guys the '**First Sharers.**' One of the pair will lead out in discussing the related Bible passages. The other man in the pairing will then take the lead in discussing his key takeaways from the *The Titus Ten* chapter.

Remember, the point is not to rehash every detail of the material or give a book report. You get the conversation started.

The point is to create an environment where guys can **express what God impressed** on them as they worked through the material.

Here's a suggested flow for a **59-minute** gathering.

- ◆ **Meet, greet and open in Prayer** (5 min)
- ◆ **Remind men 'on deck'** who's facilitating next week (1 min)
- ◆ **Introduce the theme** of the chapter (2 min).
- ◆ **Guy #1 shares 1-2 passages that meant MOST to him.** (8 min)
 - *"As I reflected on [Scriptures (chapter & verse)] the truth God used to grab my heart was...."*
 - *"Here's one way I purpose to apply these scriptures...."*
- ◆ **Guy #2 shares 1-2 insights from The Titus Ten book that meant MOST to him.** (8 min)
 - *"As I read this week's chapter God taught me..."*
 - *"These principles challenged me to...."*
- ◆ **Invite others to share** the Bible truths and insights from *The Titus Ten* that fueled their hearts. (25min)
 - *"Anyone Else? What did God impress on you from this chapter or from these scriptures?"*
- ◆ **TAG Teams** What's your main take away and how do you plan to apply it to your life? Close in Prayer. (8min)

Express what God impressed.

Road Map

Week 1 Meeting Date: _____

- Day 1 *Smith* Intro pp 8-16 “Titus: The Letter”
- Day 2 Scripture **Titus** (entirety of Paul’s letter).
- Day 3 Scripture: **Genesis 1:26 – 2:25**
- Day 4 *Smith*: Ch. 1 *Dominion*.....19

Week 2 Meeting Date: _____

- Scripture: **Genesis 3**
- Scripture: **Titus 2:11-14; 3:4-7**
- Smith*: Ch. 2 *Gospel*.....37

Week 3 Meeting Date: _____

- Scripture: **Romans 8**
- Scripture: **John 15**
- Smith*: Ch. 3 *Identity*.....55

Week 4 Meeting Date: _____

- Scripture: **Ephesians 5:15 – 6:9**
- Scripture: **Proverbs 3:1-12; 4:20-27**
- Smith*: Ch. 4 *Assignments*.....75

Week 5 Meeting Date: _____

- Scripture: **Ephesians 6:10-20; 1Peter 5:8-9; James 4:7; 2Corinthians 10:3-5**
- Scripture: **Luke 9:1-27**
- Smith*: Ch. 5 *Authority*.....95

Week 6 Meeting Date: _____

- Scripture: **Titus 1:5-9; 1Timothy 3:1-7**
- Scripture: **2Peter 1:1-11**
- Smith: Ch. 6 *Character*.....117

Week 7 Meeting Date: _____

- Scripture: **Psalm 119:1-18**
- Scripture: **Colossians 1:28-2:10**
- Smith: Ch. 7 *Doctrine*.....135

Week 8 Meeting Date: _____

- Scripture: **Acts 2**
- Scripture: **1Peter 3:8-16**
- Smith: Ch. 8 *Mission*.....215

Week 9 Meeting Date: _____

- Scripture: **Psalm 63**
- Scripture: **Revelation 3:14-22**
- Smith: Ch. 9 *Zeal*.....179

Week 10 Meeting Date: _____

- Scripture: **Titus 2:1-10**
- Scripture: **2Timothy 2:1-26**
- Smith: Ch. 10 *Investments*.....201
- Smith: *One Final Word: Direction*.....223

Breakfast with Forum Date: _____

EVERYTHING

— IN A MAN'S LIFE —

HINGES ON THE

KIND OF MAN

HE IS.

**YET, NONE OF US IS NATURALLY
A GODLY MAN.**

— THAT'S SOMETHING WE —
HAVE TO LEARN, PURSUE, AND
— CULTIVATE. —



Our spiritual life is like any other area of our life –
growth demands effort.

Christian character
does not appear out of nowhere or by chance;



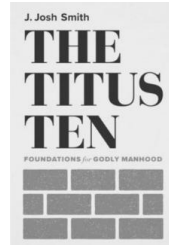
it is cultivated.

Week 1

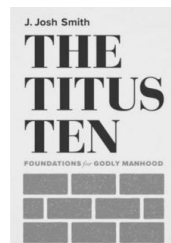
Date: _____

Day 1: Intro: *The Titus Ten*

According to Smith, the Apostle Paul emphasizes three themes in his letter to Titus. What are they (p.10-11)? What two compelling reasons does the author give for using the book of Titus as a manual for manhood (p. 12-13)? Smith writes: "Read this book with a commitment to action. Every chapter is written not just to inform, but to activate." Am I ready to put what I learn into action?



What 1 or 2 insights from this chapter would, if applied, make my walk with God more meaningful and fruitful?



Week 1

Date: _____

Day 2: Titus (Read the entirety of Paul's letter)

How would I describe the tone of the letter?

What's the general impact on me?

What's one verse or truth that gripped my heart?

What's one thing I know I need to apply even from this first reading?

You can view the short Bible Project overview video for the book of Titus by scanning the QR code.



Week 1

Date: _____

Day 3: Genesis 1:26 – 2:25

This portion of scripture portrays God's original intentions for mankind (represented by Adam). What insights do I discover pertaining to my identity? To God's intended mission for me? To the LORD's care for me? Why does God set forth some limits on man right at the outset (2:16-17)?

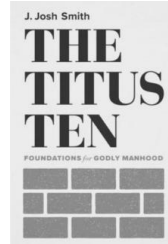


Week 1

Date: _____

Day 4: Chapter 1 *Dominion*

Smith is convinced that Genesis 2 contains “almost everything we need to know about manhood” (p. 21). What significance does Smith see in the words: ‘domain’ and ‘dominion’? In the words ‘work’ and “keep” from Gen 2:15? What are the four domains God has given to men according to this chapter? In what way has God used the local church to chisel my manhood? For what reason does Smith contend that the order of these domains is important? Do I Agree?



Men do not have quick moral falls;
they have
SLOW MORAL SLIDES.

...
Behind every moral fall
is years of failure
to control the flesh.

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What 1 or 2 insights from this chapter would, if applied, make my walk with God more meaningful and fruitful?



Week 2

Date: _____

Day 1: Genesis 3

Read the following scripture. Journal your insights. Respond to the truth that most fuels your soul by writing a prayer to the Lord.

After Adam and Eve eat the forbidden fruit, who does God first address (Gen 3:9)? What distortions to manhood appear after the fall? Where do I see the Gospel thread in Genesis 3? (Hint: 3:15; 21-23)



Week 2

Date: _____

Day 2: Titus 2:11-14; 3:4-7

Read the following scripture. Journal your insights. Respond to the truth that most fuels your soul by writing a prayer to the Lord.

As I let these gospel rich passages wash over me, what especially stands out to my heart? How is the gospel continuing to restore me into a man of God (2:12)? In such a short personal letter, why does Paul include these gospel reminders to his friend Titus? Which brother can I refresh with a gospel reminder in the next 48 hours?



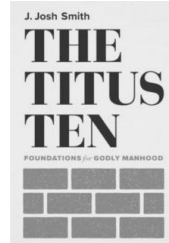
Week 2

Date: _____

Day 3: Chapter 2 *Gospel*

Read Chapter 2 in *The Titus Ten* using a pen or highlighter. Have your Bible open. Use the space below to jot down personal highlights.

Smith shares this hope of the Gospel: “Sin has enslaved you... God is pursuing you... Jesus came to redeem you... Salvation restores you.” Have I transferred my trust to Jesus? Am I confident that I am a disciple – a true follower of Jesus – not just a member of the crowd? What is the connection between daily breathing in the air of the gospel and being restored in my manhood to God’s original intentions?



**If you get
everything
in life right
but get the
gospel wrong,
you have
nothing
right**

pg. 39

What 1 or 2 insights from this chapter would, if applied, make my walk with God more meaningful and fruitful?



Week 3

Date: _____

Day 1: Romans 8

Read the following scripture. Journal your insights. Respond to the truth that most fuels your soul by writing a prayer to the Lord.

The more time I spend in His Word, the more I will come to realize who I truly am. If I received my identity from the truths of this chapter, how would I finish this sentence: My name is _____ and I am _____. (i.e. list truths) What am I admiring about the Triune God as described in this chapter?



Week 3

Date: _____

Day 2: John 15

Read the following scripture. Journal your insights. Respond to the truth that most fuels your soul by writing a prayer to the Lord.

What do I learn here about Jesus? about the Father? About myself as a disciple? What does the abiding relationship look like for me? Am I experiencing the close connection with the vine so His nutrients flow into me? How is being a friend different from being a slave?



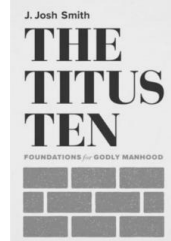
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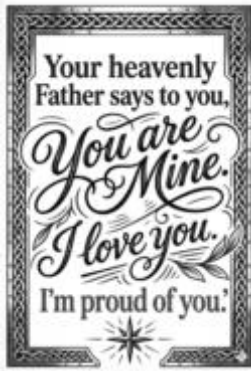
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Day 3: Chapter 3 *Identity*

Read Chapter 3 in *The Titus Ten* using a pen or highlighter. Have your Bible open. Use the space below to jot down personal highlights.

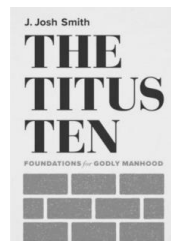
What's at stake if I don't allow God and His Word to define my identity? Of the four aspects of identity that Smith emphasizes, which one(s) has my heart truly embraced already? How do I most often view God: Master, Father, Friend, Lover, (or something else)?





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What 1 or 2 insights from this chapter would, if applied, make my walk with God more meaningful and fruitful?



Week 4

Date: _____

Day 1: Ephesians 5:15-6:9

Read the following scripture. Journal your insights. Respond to the truth that most fuels your soul by writing a prayer to the Lord.

What priorities do I see emphasized in this portion of scripture? Paul clearly assumes following Christ will impact how a man will relate with other Christians, his wife, his kids, his work associates. How are the key people in my life benefitting from my relationship with Christ? Who empowers this new way of living to which I'm called (5:15-18)?



Week 4

Date: _____

Day 2: Proverbs 3:1-12; 4:20-27

Read the following scripture. Journal your insights. Respond to the truth that most fuels your soul by writing a prayer to the Lord.

In Proverbs 3, where do I see the principle that “divine direction begins with unconditional submission”? What verbs stand out to my heart in these Proverbs passages? Why? How do the truths in Prov. 4:25-27 apply to the calling (or assignments) God has given me?



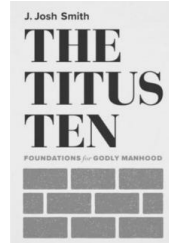
Week 4

Date: _____

Day 3: Chapter 4 Assignments

Read Chapter 4 in *The Titus Ten* using a pen or highlighter. Have your Bible open. Use the space below to jot down personal highlights.

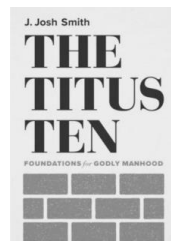
(Smith recommends two exercises on page 82 and page 85-86 to get traction on knowing and leaning into my God-given assignments. This chapter will be much more meaningful if I do these.) What important responsibilities and people has God entrusted to my care in this season of my life? In which God-given assignments am I experiencing wins: a) personal self-control, b) church, c) family, d) work? Where do I feel overwhelmed or inadequate? Where does the local church rank in the order of my priorities?





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What 1 or 2 insights from this chapter would, if applied, make my walk with God more meaningful and fruitful?



Week 5

Date: _____

**Day 1: Ephesians 6:10-20; 1Peter 5:8-9;
James 4:7; 2Corinthians 10:3-5**

Read the following scripture. Journal your insights. Respond to the truth that most fuels your soul by writing a prayer to the Lord.

On a scale of 0-10, how aware am I on a daily basis that I have a spiritual enemy actively opposing me? What resources of protection and strength are available to me as I face this enemy? Where do I see evidence of the devil's meddling in my heart and in my family right now? How will I man-up against the devil this week?



Week 5

Date: _____

Day 2: Luke 9:1-27

Read the following scripture. Journal your insights. Respond to the truth that most fuels your soul by writing a prayer to the Lord.

When Jesus sends His disciples, how does He equip them? Do I realize that I, too, if I have transferred my trust to Christ, am also a sent one (John 20:21)? Am I aware of the power and authority given to me as a man of God? Why does Jesus say, “You give them something to eat”? According to Jesus, what are the requirements of following the “Christ of God” (:20-26)? How deliberate and intentional am I in my following of Jesus?



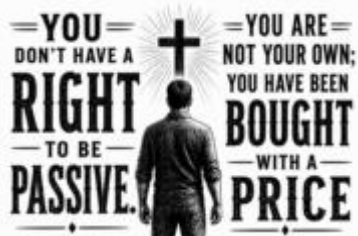
Week 5

Date: _____

Day 3: Chapter 5 *Authority*

Read Chapter 5 in *The Titus Ten* using a pen or highlighter. Have your Bible open. Use the space below to jot down personal highlights.

How does Smith define kingdom authority (p. 104)? In what areas do I tend to be most passive? Why? What keeps me from leading the way I should in my various God-given domains? How does 'walking under authority' and 'walking in authority' go together? What might it look like for me to express my God-given authority over my flesh? In my family?



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What 1 or 2 insights from this chapter would, if applied, make my walk with God more meaningful and fruitful?



Week 6

Date: _____

Day 1: Titus 1:5-9; 1Timothy 3:1-7

Read the following scripture. Journal your insights. Respond to the truth that most fuels your soul by writing a prayer to the Lord.

These lists can rightly be viewed as the goal for every Christian man. Based on my current character and habits, would Titus have chosen me as an elder for the church in Crete? Explain. Am I the same man in private that I am in public? How would those closest to me answer this question:

*‘What is it like to live on the other side of _____?’
(insert your name)*



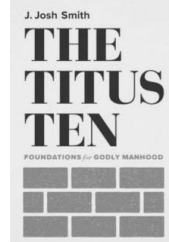
Week 6

Date: _____

Day 3: Chapter 6 *Character*

Read Chapter 6 in *The Titus Ten* using a pen or highlighter. Have your Bible open. Use the space below to jot down personal highlights.

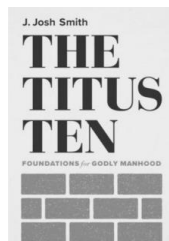
Smith highlights three broad character categories from the Titus 1 list – Blamelessness, Self-control, Courage. Which area(s) are demanding my enthusiastic Holy Spirit fueled effort? What personal sins, bad habits or character deficiencies am I currently tolerating instead of working to overcome?



THE EFFECTS OF
PASSIVITY
ARE MUCH MORE
DAMAGING
THAN THE COST OF
COURAGE

pg. 130

What 1 or 2 insights from this chapter would, if applied, make my walk with God more meaningful and fruitful?



Week 7

Date: _____

Day 1: Psalm 119:1-18

Read the following scripture. Journal your insights. Respond to the truth that most fuels your soul by writing a prayer to the Lord.

List the synonyms that are used for God's Word in this passage. List the benefits of God's Word I see from this passage? How important is the Word of God to this Psalmist? To me?

Bonus: Choose one Scripture memory verse from below that expresses my heart to grow in knowing God's Word:

Memory Options:

2Timothy 2:15 "Be diligent to present yourself approved to God as a workman who does not need to be ashamed, accurately handling the word of truth."

Ezra 7:10 "For Ezra had set his heart to study the law of the LORD and to practice it, and to teach His statutes and ordinances in Israel."

Ps 119:103 "How sweet are Your words to my taste! Yes, sweeter than honey to my mouth!"

Ps 119:125 "I am Your servant; give me understanding, that I may know Your testimonies"

Ps 119: 38 Establish Your word to Your servant, as that which produces reverence for You."

Ps 119:18 "Open my eyes, that I may behold wonderful things from your law."

Prov 7:1-3 "My son, keep my words and treasure my commandments with you. Keep my commandments and live, And my teaching as the apple of your eye. Bind them on your fingers; write them on the tablet of your heart."



Week 7

Date: _____

Day 2: Colossians 1:28-2:10

Read the following scripture. Journal your insights. Respond to the truth that most fuels your soul by writing a prayer to the Lord.

What does the last phrase in verse 25 mean? (“present every man complete in Christ (1:28)” NASB “present everyone fully mature in Christ” NLT). How seriously does Paul take my maturity (1:29; 2:5)? What is Paul’s exhortation to me (2:6-7)? How does my firm footing in God’s Word protect me from being deceived by worldly principles and philosophy? Is the Bible my authority base for life?



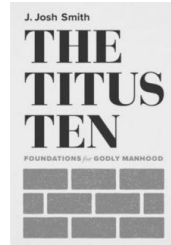
Week 7

Date: _____

Day 3: Chapter 7 *Doctrine*

Read Chapter 7 in *The Titus Ten* using a pen or highlighter. Have your Bible open. Use the space below to jot down personal highlights.

What comes to mind when I hear the word ‘doctrine’? In what way did my view of doctrine shift after reading this chapter? Why does Paul repeatedly use the phrase “sound doctrine” in his letter to Titus? Will my current diet in God’s Word grow me into the mature, useful man God desires me to be? If not, how will I add extra spiritual protein to my diet? Do I understand the basic storyline of the Bible enough to explain it to someone? Circle the words that I associate with my times alone with God in His Word:

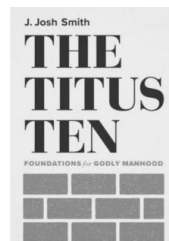


Duty Desire Discipline Delight



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What 1 or 2 insights from this chapter would, if applied, make my walk with God more meaningful and fruitful?



Day 1: Acts 2

Read the following scripture. Journal your insights. Respond to the truth that most fuels your soul by writing a prayer to the Lord.

Once the Spirit came at Pentecost, the apostles fully embraced their God-given mission of sharing the Good News. What's stands out from the fisherman, Peter's, first sermon? How did God use Peter's words? Did persecution stop this early Gospel witness (see Acts 8:1,4)? Who did God use in my life to help me come to, or more fully understand, this relationship with God through Jesus?



Week 8

Date: _____

Day 2: 1 Peter 3:8-16

Read the following scripture. Journal your insights. Respond to the truth that most fuels your soul by writing a prayer to the Lord.

Where in this passage do I see the emphasis on living the godly character produced by the Spirit in me? Are the people in my circle benefitting from the gentle humble Christ living in me? Where do I see the emphasis on the verbal witness? Am I convinced that I have been saved FOR good works? Does it show?



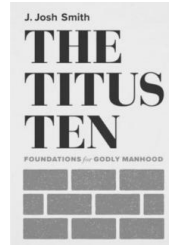
Week 8

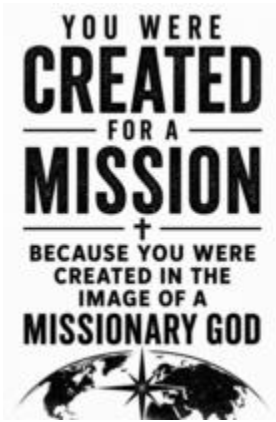
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Day 3: Chapter 8 *Mission*

Read Chapter 8 in *The Titus Ten* using a pen or highlighter. Have your Bible open. Use the space below to jot down personal highlights.

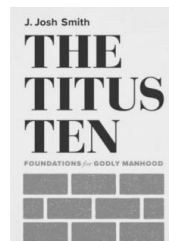
How would I summarize God's mission? What is my part in God's mission? What is the biggest thing that keeps me from personally engaging in God's mission on a regular basis? Envision myself living with "perfect courtesy to all people"(Titus 3:2). How would this impact my sphere of influence? Have I embraced the adventure of regularly sharing the good news with others? What's my next step this week?





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What 1 or 2 insights from this chapter would, if applied, make my walk with God more meaningful and fruitful?



Week 9

Date: _____

Day 1: Psalm 63

The English word ‘enthusiasm’ comes from the Greek ‘en’ (in) + ‘theos’ (god). ‘Enthusiastic’ referred to being filled to overflowing with God! When have I experienced this definition of enthusiasm? What words or phrases from David’s Psalm 63 point to the reality that David has arranged his life around God? Why not try using this psalm as a personal prayer prompt this morning... and be honest.



Week 9

Date: _____

Day 2: Revelation 3:14-22

Read the following scripture. Journal your insights. Respond to the truth that most fuels your soul by writing a prayer to the Lord.

According to verse 15, what does God look at when He evaluates zeal? What value does God place on zeal for Him? How do the people of Laodicea view themselves? How does God view them? How does God view me when it comes to zeal? Are godly actions flowing from my soft heart? If not, what is the remedy for escaping the lukewarm spiritual life (:19)?



Week 9

Date: _____

Day 3: Chapter 9 Zeal

Read Chapter 9 in *The Titus Ten* using a pen or highlighter. Have your Bible open. Use the space below to jot down personal highlights.

Smith defines Zeal is “an overwhelming enthusiasm that leads to action” (183). It is rooted in the knowledge of God, it is boiling with passion, and it results in action. Based on that definition, On a scale of 0-10, how zealous am I? Have I ever considered that God has designed me as a man to be the ‘temperature setter’ in my family? If I want to grow in zeal, what does Smith recommend? What’s at stake if my faith in God is lukewarm?





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What 1 or 2 insights from this chapter would, if applied, make my walk with God more meaningful and fruitful?



Week 10

Date: _____

Day 1: Titus 2:1-10

An “older” man in the first century would be 50 years and above. What does Paul want Titus to emphasize with the older men? The younger men? Which of these qualities need my special attention? Am I living a life worth imitating?



Week 10

Date: _____

Day 2: 2 Timothy 2:1-26

2Timothy was essentially a deathbed letter from Paul to Timothy. Notice the prominence of the call to multiply myself into other faithful men (2:2). What's at stake if I fail to invest in the next generation? Who in my life is calling me up to God's high standards? Why is pursuing God not a 'lone ranger' activity (2:22)?



Bonus: Scan for an equipping talk on *"Finishing Strong"* by the founder of FLM; Dr. Perry Bowers



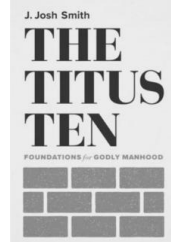
Week 10

Date: _____

Day 3: Chapter 10 *Investments & Direction*

Read Chapter 10 in *The Titus Ten* using a pen or highlighter. Have your Bible open. Use the space below to jot down personal highlights.

Have I had a “Barnabas” in my life? If so, how did that person invest in me? Who is investing in me right now? In whom am I currently investing? How have I overcomplicated discipleship? What personal experiences, knowledge, or skills has God invested in me that I could pass on to others? How might it be beneficial to me to focus on spiritual direction rather than on spiritual distance (p. 224)?

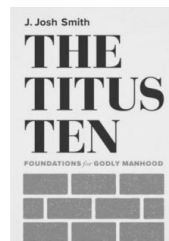




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What 1 or 2 insights from this chapter would, if applied, make my walk with God more meaningful and fruitful?

Of the 10 Qualities making up the Titus 10, which 1 or 2 really caught my attention to the point of action?



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