

I. Cohort Description:

The purpose of this cohort is ***to go deeper with Jesus***. This cohort is designed to be a 9-month small group experience for men who desire to grow in their personal discipleship. It will focus on developing a discipline plan, being in accountable relationships, reading books, and dialoguing around topics that deal with discipleship. The cohort will meet one Sunday each month from 12-2pm and will read one book each month.

II. Cohort Goals:

- a. To give each man an opportunity to develop and execute a one-year discipline plan.
- b. To give each man an opportunity to be in intentional accountability relationships.
- c. To provide each man with intentional reading and conversation around issues of head (doctrine), heart (discipleship), and hands (leadership).
- d. To give each man intentional one-on-one time with the cohort leader.

III. Attendance:

- a. This cohort will meet as a group 9 times over the course of the year. 7 of 9 meetings are required. ***Do not commit to this cohort unless you are willing to make this commitment.***
- b. Each man will meet monthly with his accountability partner to go over each discipline plan.
- c. Each man will meet with a cohort leader every other month for personal coaching.
- d. Each man will attend the cohort end retreat (scheduled and planned by the cohort).

IV. Required Books:

- a. Richard Foster. Celebration of Discipline.
- b. Justin Whitmel Earley. Made for People
- c. C.S. Lewis. Mere Christianity.
- d. Timothy Keller. The Reason for God.

- e. Wayne Grudem. Twenty Beliefs Every Christian Should Know.
- f. John Mark Comer. The Ruthless Elimination of Hurry.
- g. J.I. Packer. Knowing God
- h. Peter Scazzero. Emotionally Healthy Spirituality.

V. Cohort Requirements:

- a. Buy each book and complete all required reading before meetings.
- b. Attend all required meetings, accountability meetings, one-on-ones, and retreat.
- c. Write and execute a discipline plan.
- d. Serve in some way at Fathom Church.

VI. Schedule:

- a. September 30, 2023: Man Up Kick Off (7:30-9:30pm)
 - i. Share stories, cast vision and communicate expectations for cohort.
 - ii. Build connections and meet others in the cohort
 - iii. Assignment: Read *Celebration of Discipline*
- b. October 29, 2023
 - i. Assign accountability partners.
 - ii. Discuss *Celebration of Discipline*
 - iii. Discuss Disciplines Plan
 - iv. Assignment: Begin meeting with accountability partners. Prepare a Disciplines Plan.
Read *Made for People*.
- c. November 12, 2023
 - i. Check-in, updates, prayer requests.
 - ii. Discuss *Made for People*.
 - iii. Assignment: continue meetings.
Read *Mere Christianity*
- d. December 10, 2023
 - i. Check-in, updates, prayer requests.
 - ii. Discuss *Mere Christianity*
 - iii. Assignment: continue meetings.
Read *The Reason for God*.
- e. January 28, 2024
 - i. Check-in, updates, prayer requests.

- ii. Discuss *The Reason for God*.
 - iii. Assignments: continue meetings.
Read *Twenty Beliefs Every Christian Should Know*.

- f. February 25, 2024
 - i. Disciplines Plan updates.
 - ii. Discuss *Twenty Beliefs Every Christian Should Know*.
 - iii. Assignment: continue meetings.
Read *The Ruthless Elimination of Hurry*.

- g. March 17, 2024
 - i. Check-in, updates, prayer requests.
 - ii. Discuss *The Ruthless Elimination of Hurry*.
 - iii. Assignment: continue meetings.
Read *Knowing God*.

- h. April 28, 2024
 - i. Check-in, updates, prayer requests.
 - ii. Discuss *Knowing God*.
 - iii. Assignment: continue meetings.
Read *Emotionally Healthy Spirituality*.

- i. May 19, 2024
 - i. Check-in, updates, prayer requests.
 - ii. Discuss *Emotionally Healthy Spirituality*.
 - iii. Assignment: continue meetings.
Final debrief & plan retreat.

- j. June 7-8, 2024: Man Up End of Year Retreat
 - i. Time to enjoy time together and celebrate the year
 - ii. Retreat location and details TBD