



WHY MENTORSHIP IS ESSENTIAL TO EVERY MAN

with Garret Barbush, Men of Iron

▶ FOCUS VERSE

Iron sharpens iron,
So one man sharpens another.
Proverbs 27:17

▶ DISCUSSION

1. Garret talks about the 5F Framework: Faith, Family, Friends, Fitness, and Finances.

- a. Which of those areas do you think you excel in?
- b. Which of those areas do you think you need improvement in?
- c. Do you notice that when you focus your attention in one area that other areas suffer? If so, how do you stay well rounded in all areas?

How do you measure up in each of these categories? Discuss.

2. Garret talks about the critical nature of accountability and that very few men are truly accountable. He defines being accountable as being fully transparent.

- a. How can you hold yourself more accountable?
- b. Do you have a mentor or a battle buddy that can help hold you accountable without judging or shaming you?

3. Paul mentions how sharing your personal story not only inspires accountability, but also encourages true transparency. Garret shares that every man is different; has different personalities, different levels of trust, and different experiences.

- a. Have you ever shared your personal story with another person?
- b. If so, what was your sharing experience? How did sharing and being truly transparent make you feel?



- 4. Garret says mentorship is a protégé-driven process. Meaning that the proteges must take responsibility for their own growth, make the decision to follow Christ, contact their mentor, do the work between meetings, and initiates communication. That it is not the pastor's, the church elders', the job to save you.**
- a. Are you currently taking responsibility for your own growth?
 - b. What do you feel you can do differently?



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