THE MEN'S TABLE · JESUS & MANHOOD

MEETING SHEETS

A simple rhythm you can use again and again.

Print a fresh copy for each meeting. Use alongside the participant workbook, or as a conversation guide when you have only a Bible and the book.

Follow Jesus. Grow together.
Help another man do the same.

Free to use individually, one-to-one, or in a small group.
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Our mentoring agreement.

Talk this through together. Each man keeps his own notes. This is a conversation guide, not a contract.

Our first names or initials:

When, where, and how often will we meet?

We agree to

- Read the assigned section and bring a Bible when possible.
- Listen without shaming; allow each man to pass on a question.
- Keep stories private, with clear safety and reporting exceptions.
- Choose one faithful action and follow up kindly.
- Ask permission before offering advice or checking in between meetings.

Each man chooses what to share. Listen without shaming, pressuring, or trying to fix everything. Do not record another man's private story in your workbook without his permission.

Respect privacy, but do not promise secrecy about abuse, threats, or danger. If someone may be unsafe, seek appropriate local emergency or safeguarding help. Follow applicable reporting duties. Mentoring is not professional mental-health, medical, or legal care.

How will we contact one another, with permission?

A faithful next step.

Meeting date:

Chapter or session:

Check in: how am I, and what happened with my last action?

The Scripture passage and what I notice:

What do I need to talk about honestly?

The one action I will take:

When will I do it?

When will we meet again?

What am I asking God for?

A mentor's meeting checklist.

Prepare well. Listen more. Point to Jesus.

1. **Check in · 10 minutes.** Ask how life has been and revisit the last action. Listen before offering advice.
2. **Open Scripture · 10 minutes.** Read the suggested passage in your Bible. Notice the context and what it shows about God.
3. **Talk honestly · 20 minutes.** Use the session questions. Let each man pass; do not force disclosure.
4. **Choose one action · 10 minutes.** Make it specific, small enough to do, and connected to the teaching.
5. **Pray and arrange follow-up · 10 minutes.** Ask how you can pray. Agree when you will meet again.

A suggested 60-minute rhythm, not a rule. Choose a pace that serves your people. A chapter may take more than one meeting.

Before you finish

- Did each man have a chance to speak or pass?
- Did we read Scripture rather than only exchange opinions?
- Is the next action clear and realistic?
- Have we agreed on a next meeting?
- Does anyone need support beyond what mentoring can provide?

> Ask: "What is one thing you want to remember from today?" End with prayer, not a performance review.