



4 Men 4 Weeks For My Brothers

Week 1: Isolation

After you watch the video from Kevin, set up a time to meet virtually with the other men in your group. The following questions are designed to help you engage in conversation around the topic of the week. Below the questions are additional resources that will be helpful for you to continue growing in this area.

Group Questions:

- How have you seen isolation play out in your life? On a scale of 1-10, how isolated are you right now (1 indicating completely isolated and 10 indicating completely open and in deep community with other men)? (If you are unsure how isolated you are, go to the resources below and work through the isolation indicator questions to help you get an idea)
- What do you need to be rigorously honest about with the guys in your group? (sin/fear/anger/lack of pursuing the Lord)
- What does solitude look like right now? What do you want it to look like? What step do you need to take to move to what you want it to look like?
- What pushes you toward isolation? How can the guys in the group encourage you and hold you accountable in this area?
- Share a time the Lord has used other men to encourage you and help you move toward Christ. How can you keep these stories in front of each other as reminders of how the Lord works when you move away from isolation?



Additional Resources

Isolation Indicator Questions:

Sometimes we don't realize how isolated we really are. Look at following questions to help you evaluate how isolated you are right now.

- Is there anything in my life right now that nobody knows the *whole* truth about? If you are hiding something, or part of something, ask yourself "why" and seek the Lord to help you bring it to light with a brother in Christ that you trust. Secrets lead to isolation.
- When was the last time I was rigorously honest with someone about sin in my life?
Conviction, confession and repentance should be normal patterns in the life of a believer. If it has been a while since you were honest with someone about sin in your life, then it is likely you are keeping your sin in isolation.
- Name 2-3 men you share struggles and encouragement with at least monthly. If you cannot honestly name men you share life with regularly, then it can be assumed you are living in isolation.
- Do you consistently (5 days a week) practice solitude with the Lord? When solitude with the Lord is not a pattern, isolation will be present.
- True or False. I can identify specific ways the Lord has changed and grown me over the past 3 months.
If there is no evidence of the Lord's work in your life recently then you are not only isolated from other men, but you are also isolating from the Lord.



Use your answers as a catalyst to pray and seek the Lord in confession and repentance where you have been in isolation from him and other men. Also use it as a resource to help determine what your best next step is to move toward the Lord and your brothers in Christ and away from isolation.

Solitude Bible Reading:

Reading the Word is a part of being in solitude with the Lord. Whether you are just beginning, have stopped for whatever reason or have been consistent in reading the Word, we have a reading plan that can help you take your next step. Choose a plan that is right for helping you take a step forward. It is not about reading the most, it is about listening to the Lord so choose a plan that you will be able to be consistent, and focused on listening to the Lord.

[Bible Reading Plans](#)