

TEN-POINT CHECK UP

Under the Man Hood

Just as a mechanic would run a ten-point check on a car, to ensure that it was running as well as it could, so should men regularly inspect “under the hood” of their lives, to evaluate what areas need tuning up.

Honestly rate your current performance from 0-10 in each of the following check points. Then, add up your score. Which areas of your life need a tune up?

1. _____ **Spiritual Growth**
Believing that my relationship with God is most important, I am regularly reading, memorizing, and applying Scripture, repenting of sins, and praying for myself and others.
 2. _____ **Devotion to the Church**
Understanding the vital role of the local church, I am committed to attend worship, to participate in a small group, to serve using my spiritual gifts, and to give sacrificially.
 3. _____ **Leadership in the Home**
As the spiritual leader of my family, I am carefully filtering the influences that come into our home, and, I am actively challenging, encouraging, and praying for and with my wife and kids.
 4. _____ **Selfless Husband**
Recognizing that my wife is a gift from the Lord, I am investing time and effort in our relationship, doing my best to protect her, to provide for her, and to love her unselfishly.
 5. _____ **Intentional Father**
Knowing that I’m accountable to God for training my kids, I am modeling the Christian life before them, and I’m being intentional to spend time teaching and encouraging them.
 6. _____ **Protecting My Eyes**
Recognizing that lust is a man’s primary weakness and knowing that pure eyes are essential for a pure mind, I’ve taken steps to guard myself from pornography and other unhealthy influences.
 7. _____ **Mind and Body**
In order to be a good steward of my mind and body, I am doing my best to get enough sleep, to make wise choices regarding what I eat and drink, and to read and exercise on a regular basis.
 8. _____ **Work and Relaxation**
In order to provide for my family, I am working to the best of my ability, as unto the Lord. But to avoid stress, greed, and other harmful results, I am balancing my work with down time.
 9. _____ **Great Cause**
To foster an eternal perspective and to prevent wasting the life that God has given me, I am intentionally investing my time and talents in activities that matter to His Kingdom.
 10. _____ **Godly Character**
Recognizing that a good name is better than great riches, I have committed myself to be above reproach in all that I say and do, to live a life of integrity before God and men.
- _____ **Total Score**

Since these scores are subjective (different for each man), there is not a set grading scale. However, this check should reveal areas in your life that need immediate attention.

TIME FOR A TUNE -UP

Regarding these categories, list some practical steps that you can take, in order to be the man that God desires.

1. **Spiritual Growth** _____

2. **Devotion to the Church** _____

3. **Leadership in the Family** _____

4. **Selfless Husband** _____

5. **Intentional Father** _____

6. **Protecting My Eyes** _____

7. **Mind and Body** _____

8. **Work and Relaxation** _____

9. **Great Cause** _____

10. **Godly Character** _____

ACCOUNTABILITY

The best way to ensure consistency in each of these areas is to meet with other men on a regular basis and to ask them to provide you accountability. Let them ask you tough questions and speak the truth to you in love.