

TEN-POINT CHECK UP

For the Unmarried Man

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. _____ **Honoring My Parents**
Recognizing my parents’ God-given authority over me, I am respectfully submitting to their leadership and doing my best to assist them with the duties of the home, without complaint.
2. _____ **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.
3. _____ **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.
4. _____ **Decision-Making**
Knowing that choices have consequences, I am rejecting the temptation to please only myself and the pressure to please others, and instead I’m choosing to please God with my decisions.
5. _____ **Responsibility**
In preparation for being an employee, a citizen, a husband, and a father, I am not only taking responsibility for myself, but I am also seeking to take responsibility for others.
6. _____ **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 practice self-control regarding what I eat and drink, and to read and exercise on a regular basis.
7. _____ **Protecting My Eyes**
Recognizing that lust is a man’s primary weakness and knowing that pure eyes are essential for a pure mind, I am guarding myself from pornography and other unhealthy influences.
8. _____ **Sexual Purity**
In order to honor the Lord and my future wife, I am treating all young ladies with respect, and I am establishing boundaries to help protect myself and them from the temptation of sexual sin.
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, talents, and money 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 young man), there is not a set grading scale. However, this checkup 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. **Honoring My Parents** _____

2. **Spiritual Growth** _____

3. **Devotion to the Church** _____

4. **Decision-Making** _____

5. **Responsibility** _____

6. **Mind and Body** _____

7. **Protecting My Eyes** _____

8. **Sexual Purity** _____

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.