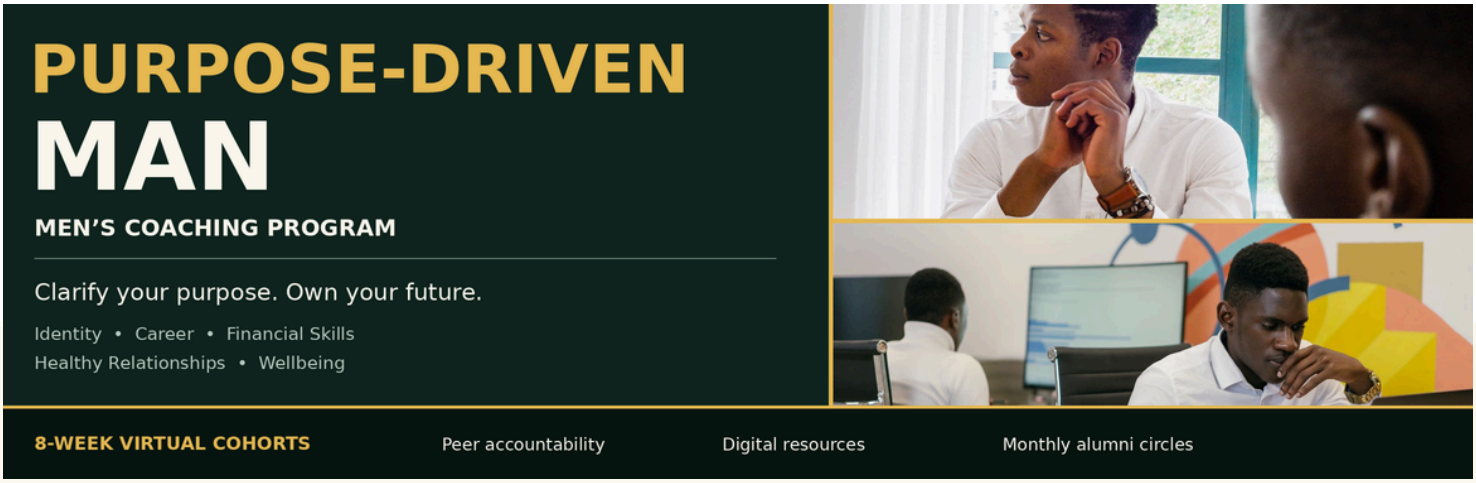
PURPOSE-DRIVEN MAN

Restoring Men Through Mentorship and Service

A 90-Day Participant Workbook



Grow in Faith. Build Relationships. Serve with Purpose.



SR-GLOBAL MENTORSHIP INSTITUTE

Restoring Men Through Mentorship and Service

A 90 Day Participant Workbook

For young men growing in faith, building healthy relationships, and preparing to serve and lead in the local church.

Your place in the church

This workbook will help you identify your gifts, build a mentoring relationship, and take practical steps toward meaningful service. You will work alongside men from different generations and practice the responsibilities of Christian leadership.
Leadership begins with following Jesus. His example calls us to serve with humility, care for others, keep our commitments, and remain willing to learn.

Participant name_____

Local church and cohort _____

Start date and completion date _____

Mentors name _____

Prepared for use through collaboration between the local church youth ministry and men's ministry.

START HERE

How to use your workbook

Bring this workbook and a Bible to group gatherings and mentor conversations. Read the Scripture passages in your preferred translation. The teaching notes summarize their application; they are not direct quotations from the Bible.

Your 90-day rhythm

Join one main group gathering each month, connect with your mentor at least twice a month, and practice service through existing church activities. The weekly calendar provides small steps to complete between gatherings. Agree on a schedule that respects school, work, family, and rest.

Find the pages you need

Pages	Use
3–5	Your starting point, biblical leadership, and belonging
6–7	Your goals and mentoring agreement
8–10	Monthly calendars and checkpoints
11–12	Your gifts and ministry placement
13–15	Healthy relationships, generations, and service planning
16–17	Mentor conversations and leadership practice
18–19	Day 90 review and your next steps

Take part at your stage of life

Ages 13–17: focus on confidence, friendships, dependable habits, and supervised service. Ages 18–30: explore responsibility in church, education, work, and relationships. Ages 31–40: build sustainable service and prepare to support others. Your responsibilities should align with your readiness and circumstances.

Keep your reflections safe

You choose which personal reflections to share. Do not record someone else's private story. Leaders should collect only agreed-upon participation and progress information, not copies of sensitive journal entries. You may ask for support or a different mentor without embarrassment.

Youth ministries contact and men's ministry contact _____

Coordinator or safeguarding contact and approved way to reach them_____

MY STARTING POINT

Where I am today

Complete this page at the beginning. There are no passing scores. Honest answers help you and your mentor decide what support would be useful.

Date: _____ Age group: 13–17 / 18–30 / 31–40 / Other
My connection: attending regularly / attending sometimes / returning / exploring
Circle one response for each statement. 1 = strongly disagree; 2 = disagree; 3 = unsure; 4 = agree; 5 = strongly agree.

Statement	My rating
I feel that I belong in this church.	1 2 3 4 5
There is an elderly man here I can approach for support.	1 2 3 4 5
Church leaders listen to my ideas.	1 2 3 4 5
I have a meaningful opportunity to contribute.	1 2 3 4 5
I am growing in how I handle responsibility and relationships.	1 2 3 4 5

What would make these 90 days worthwhile for me?
_____
_____
_____
_____

What currently makes participation difficult? Consider belonging, trust, schedules, transportation, or personal pressures.
_____
_____
_____ _____
_____
_____
_____

One practical adjustment that would help me participate is
_____
_____ _____

BIBLICAL FOUNDATION
Learning to lead like Jesus

Read: Genesis 1:26–28 and 2:15, Mark 10:42–45, 1 Timothy 4:12, and 2 Timothy 2:2. These passages Connect stewardship, service, character, and the responsibility to prepare others.

Responsibility begins with what is entrusted to you
Genesis describes humanity as bearing God's image and caring for creation. As young men, we can practice this responsibility by how we treat people, use our abilities, and care for our homes, church, and community.

Jesus gives leadership its shape
In Mark 10, Jesus redirects the desire for status toward service. Christian leadership includes listening, accepting correction, protecting dignity, and using influence for another person's good. Your value does not depend on a title or stage of life.

What responsibility has God already placed within my reach?

_____
_____
_____
_____

Where do I need to replace a desire for recognition with a willingness to serve?

_____
_____
_____
_____

According to 1 Timothy 4:12, what example could I set this week?

_____
_____
_____
_____

Practice this week
Choose one act of service that does not require recognition. Complete it and discuss with your mentor what it revealed about your attitude.

My action and when I will do it

_____
_____

MONTH 1 REFLECTION
Belonging and rebuilding trust

Read Ephesians 4:11–16. A healthy church helps people grow and contribute. Belonging develops when People are known, listened to, and given meaningful opportunities.

Listening circle
In a small group, allow each person to speak without interruption. Ask before offering advice. You may pass on any question. Explain your experience without naming or exposing someone else's private situation.

A time I felt included or valued was

_____
_____

_____
_____

Something that makes it hard for me to trust or participate is

_____
_____
_____
_____

One thing I wish elderly leaders understood about my generation is

_____
_____
_____
_____

One thing I would like to understand about older men is

_____
_____
_____
_____

Turn listening into action

One change I can make and one change I would like leaders to consider

_____
_____
_____
_____

Follow-up date: _____ Person I will speak with: _____

MY DEVELOPMENT PLAN

Choose a goal you can practice

Choose one main goal for the next 90 days. Make it specific enough to describe what you did. Your mentor can help you keep it realistic.

Example: By Day 60, I will co-lead a 15-minute team briefing, ask my coach for feedback, and apply one suggestion at the next meeting.

My main goal and why it matters to me

_____
_____
_____
_____

The action I will repeat each week

_____
_____
_____
_____

How I will recognize progress

_____
_____

A barrier I expect and how I will respond

_____
_____
_____
_____

Support I need and the person I will ask

_____
_____

Checkpoint	My planned step	Date
Day 30	Agree on my goal and first service step.	
Day 60	Practice responsibility and receive feedback.	
Day 90	Review growth and choose my next step.	

One healthy relationship habit I will practice alongside this goal

_____
_____

MENTORING AGREEMENT

Agree on how we will work together

Complete this page together. Mentoring offers encouragement, honest feedback, and practical support. It does not replace professional care when it is needed.

What we agree to do

We will connect at least twice a month, arrive prepared, communicate if plans change, listen respectfully, and review one realistic goal. We will address difficulties privately and ask the coordinator for help when needed. Either person may request a different match.

What a participant can expect

Your mentor should be reliable, respect your dignity, and give you space to ask questions. You should not feel pressured to share private experiences, lend money, provide access to accounts, or take on a role you cannot manage.

Boundaries and support

We will discuss confidentiality and its limits before sharing sensitive information. Concerns about abuse or serious safety risks must be reported through the church's established safeguarding and escalation process. Do not promise secrecy about these concerns.

For participants under 18, the church must arrange appropriate screening, parent or guardian consent, approved communication, and observable meetings before mentoring begins. Use the church's separate consent process; signatures here do not replace it.

Our meeting times and approved meeting place or communication channel

_____

If we need to cancel or raise a concern, we will

_____
_____

Coordinator name and contact

_____
_____

Participant: _____ Date: _____
Mentor: _____ Date: _____
Agreement review date: _____

MONTH 1

Listen and connect

Build relationships and agree on your first steps. Bible reading: Genesis 2:15 and Ephesians 4:11–16

Week	My activity	My practical step
1	Accept the invitation and meet the joint ministry team.	Write one hope for the program.
2	Attend the listening meal or arrange an individual conversation.	Share one barrier and one useful change.
3	Meet your mentor and discuss your interests.	Complete your starting point and goal pages.
4	Have your first goal conversation and explore service roles.	Choose one role you would like to try.

Put it on your calendar
Main gathering: A listening meal with time for every participant to speak.
Date and time of gathering

_____
_____

Mentor contact 1 and mentor contact 2

_____
_____

Service commitment and time needed

_____
_____

Monthly checkpoint
What I learned and what needs to change
_____
_____
_____
_____

My next step: _____

MONTH 2

Serve and build relationships

Try a supported role and practice dependable service. Bible reading: Mark 10:42–45 and James 1:19

Week	My activity	My practical step
5	Agree on a placement with a ministry coach.	Complete your placement agreement.
6	Practice communication and conflict skills.	Use the relationship exercise on page 13.
7	Join an intergenerational service project.	Own one agreed task and follow through.
8	Review your placement and discuss generational differences.	Ask for feedback and adjust your commitment.

Put it on your calendar
Main gathering: A communication workshop and service project review.
Date and time of gathering
_____
_____

Mentor contact 1 and mentor contact 2
_____
_____

Service commitment and time needed
_____
_____

Monthly checkpoint
What I learned and what needs to change
_____
_____
_____
_____

My next step: _____

MONTH 3

Lead with support

Practice leadership and agree on a continuing role. Bible reading: 1 Timothy 4:12 and 2 Timothy 2:2

Week	My activity	My practical step
9	Shadow a ministry leader during planning and service.	Ask why key decisions were made.
10	Lead or co-lead one task that fits your readiness.	Confirm your authority, limits, and support.
11	Ask your mentor and ministry coach for feedback.	Record one strength and one improvement.
12	Join the recognition gathering and complete your review.	Choose a next step and confirm continued support.

Put it on your calendar

Main gathering: A participant reflection and recognition gathering.

Date and time of gathering

_____

_____

Mentor contact 1 and mentor contact 2

_____

_____

Service commitment and time needed

_____

_____

Monthly checkpoint

What I learned and what needs to change

_____

_____

_____

My next step: _____

Days 85–90: complete any missed review and confirm your next meeting or placement.

DISCOVER MY GIFTS

Find a meaningful way to contribute

Read Romans 12:4–8. People contribute in different ways. Explore what you enjoy, what others notice about you, and what the church or community needs. You can try a role before committing long-term.

Area	A starting opportunity
Hospitality	Welcome people alongside an experienced team member.
Media and technology	Assist with sound, slides, photography, or recording after training.
Outreach	Prepare supplies or coordinate one small part of a service activity.
Creative ministry	Contribute music, design, writing, or other creative work.
Practical service	Assist a supervised facilities or setup team.
Administration	Help with scheduling or event registration using appropriate access.
Prayer and discipleship	Help prepare or facilitate a short segment when ready.
Youth or children's ministry	Assist only after required screening and safeguarding steps.

Something I enjoy doing or would like to learn

_____
_____

A strength another person has noticed in me

_____
_____

A need I care about and a role I would like to try

_____
_____
_____
_____

My first choice: _____ Alternative: _____

For minors, all placements must be age-appropriate and supervised. Being mentored does not depend on accepting a ministry assignment.

MY MINISTRY PLACEMENT

Agree on a role that fits

Complete thiswithyourministry coach beforestarting. A useful role includes clear responsibility,

Practical training and someone to ask for help.

Ministry and role

_____
_____

Coach name and approved contact

_____
_____

The task I will be responsible for and the people it will serve

_____
_____
_____
_____

Time commitment and start and review dates

_____
_____

Training or safeguarding requirements to complete first

_____
_____

Decisions I may make and decisions I must check first

_____
_____
_____
_____

Resources or budget available and who approves spending

_____
_____

How we will know the task is completed well

_____
_____

Participant agreement: _____ Coach agreement: _____
If the role does not fit, we will review it together and consider another opportunity. Formal appointments follow the church's established requirements.

HEALTHY RELATIONSHIPS
Practice listening and handling conflict

Read James 1:19 and Ephesians 4:29. Healthy relationships require listening, truthful speech, respect for boundaries, and a willingness to repair harm.

Practice with a partner
An older leader changes a young volunteer's plan without explaining why. The young man feels dismissed and stops replying. The leader assumes he is unreliable. Discuss what each person may have misunderstood.

Take turns playing the young man and the leader. Describe what happened without attacking the character. Explain its effect, ask a question, listen to the answer, and agree on one next step.
How I could begin the conversation respectfully

_____
_____
_____
_____

A question that would help me understand the other person

_____
_____
_____
_____

A clear request or boundary I could express

_____
_____
_____
_____

Apply it to daily life
One habit I will practice with friends, family, coworkers, or church members

_____
_____
_____
_____

You don't have to confront someone who makes you feel unsafe. Ask the designated church contact for support. Choose a safe example for this exercise.

ACROSS GENERATIONS

Learn together and share responsibility

Read 2 Timothy 2:2. A healthy handover includes explaining decisions, teaching skills, and giving another person room to practice. Both generations bring experience worth hearing.

Interview an older man
Ask: What shaped your faith? What leadership mistake taught you a lesson? What do you hope the next generation will preserve? What would you do differently today?
Something I learned from his experience

_____
_____
_____
_____

Invite him to learn from you
An experience or perspective from my generation I want to share

_____
_____
_____
_____

Stage	Our agreed activity
Observe	Watch planning and ask questions.
Assist	Complete a specific task with guidance.
Co-lead	Share planning and delivery.
Lead with support	Make agreed decisions and ask for help when needed.
Review	Discuss what worked and what to practice next.

One responsibility we will practice together is our review date

_____

_____

Older leader's commitment: explain decisions and make room for learning. My commitment: prepare, follow through, ask for help, and receive feedback.

OUR SERVICE PROJECT

Plan a useful action together

Choose a manageable project with younger and older men. Confirm what the people being served actually need. Examples include a community food effort, a neighborhood cleanup, or practical assistance arranged through the church.

Project name and the need it addresses

_____

_____

Who we will consult and how the project will help

_____

_____

_____

_____

Date, location, project lead, and supervising adult where needed

_____

_____

Task	Person responsible	Due date

Resources and costs to approve before we begin

_____
_____

Transport, accessibility, supervision, or other arrangements to confirm

_____
_____

My responsibility and the decision I can make

_____
_____

Afterward, how will we ask whether the project was useful?

_____
_____

MENTOR CONVERSATION RECORD

Notice progress and agree on action

Details from this log. You can record additional conversations on your own notes page. Conversation prompts: How are you doing beyond church? What went well? What was difficult? What responsibility or relationship needs attention? What is one next step?

Conversation 1
Date: _____ Previous action: completed / in progress / changed
My next action and the support I need

_____
_____

Conversation 2
Date: _____ Previous action: completed / in progress / changed
My next action and the support I need

_____
_____

Conversation 3
Date: _____ Previous action: completed / in progress / changed

My next action and the support I need

_____
_____

Conversation 4

Date: _____ Previous action: completed / in progress / changed

My next action and the support I need

_____
_____

Conversation 5

Date: _____ Previous action: completed / in progress / changed

My next action and the support I need

_____
_____

Conversation 6

Date: _____ Previous action: completed / in progress / changed

My next action and the support I need

_____
_____

A missed action is an opportunity to understand a barrier and adjust the plan. Ask for help early when school, work, family, or personal circumstances change.

LEADERSHIP IN PRACTICE

Reflect on a task you led

Complete this after you lead or co-lead a defined task. Ask your coach for specific examples, then decide what you will practice next. Progress includes preparation, communication, and how you treat people.

Task, date, and my responsibility

_____
_____

How I prepared and what decisions I made

_____
_____
_____
_____

How I listened, shared responsibility, or handled a difficulty

_____
_____
_____
_____

What went well and what I would do differently

_____
_____
_____

My coach's feedback with one specific example

_____
_____
_____
_____

One improvement I will practice and when I will try again

_____
_____

Coach: _____ Review date: _____

DAY 90 REVIEW

Look honestly at your growth

Repeat the initial ratings, then compare them with those on page 3. Growth may be uneven. Use the differences to guide a conversation rather than rank yourself against other participants.

1 = strongly disagree; 2 = disagree; 3 = unsure; 4 = agree; 5 = strongly agree.

Statement	Start	Now
I feel that I belong in this church.		
There is an older man here I can approach for support.		
Church leaders listen to my ideas.		
I have a meaningful opportunity to contribute.		
I am growing in how I handle responsibility and relationships.		

Mentor contacts completed: ____ Service opportunities tried: ____Tasks led or co-led: ____ My main goal: achieved / progressing / revised

One example of growth in my leadership or relationships

_____
_____
_____
_____

What helped me feel included, and what still needs to change?

_____
_____
_____
_____

Feedback I would like the joint ministry leaders to hear

_____
_____
_____
_____

I choose to share: ratings / participation summary / selected feedback / discuss first.Private reflections remain mine unless I choose to share them.

BEYOND THE LAUNCH

Plan your next 90 days

Review this page with your mentor and ministry coach. Continue at a pace that supports your faith, relationships, and other responsibilities. Leadership readiness develops through sustained practice.

My next growth goal

_____
_____
_____
_____

The ministry role I will continue, change, or explore

_____
_____
_____
_____

A responsibility I am ready to practice with support

_____
_____
_____
_____

My mentor or support person and our next meeting date

_____
_____

One relationship I will invest in and the action I will take

_____
_____

Support or changes I still need from the church

_____
_____

_____

A prayer for the next season

_____
_____
_____
_____

Participant: _____ Date: _____
Mentor or coach: _____ Next review: _____

Keep this workbook as a record of what you learned and a guide for the responsibilities ahead.