

REAL MEN CRY...**MENTAL** HEALTH

“I waited patiently for the Lord; He turned to me and heard my cry”
(Psalm 40:1).



WHAT IS MENTAL HEALTH?

A state of well-being in which the individual realizes his or her own abilities:

- Can cope with the normal stresses of life
- Can work productively and fruitfully
- Able to make a contribution to his or her community

-American Psychiatric Association

WHAT IS MENTAL ILLNESS?

Mental illnesses are health conditions involving changes...

- in emotion
- in thinking
- in behavior
- associated with distress and/or problems functioning in social, work or family activities.

- American Psychiatric Association

better
MAN

FBOG MEN Following Christ

TheHuddle

Transparency with Self

“And He took with Him Peter and the two sons of Zebedee, and He began to be sorrowful and deeply distressed” (Matthew 26:37).

JOIN THE **BETTER MAN** MOVEMENT

“Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise Him again – my Savior and my God”
(Psalm 42:5).

better
MAN

FBOG MEN Following Christ

TheHuddle

REVEALING LEADS TO HEALING,
HIDING LEADS TO SLIDING

JOIN THE **BETTER MAN** MOVEMENT

Transparency with Safe Men



“Then He said to them, ‘My soul is exceedingly sorrowful, even to death. Stay here and watch with me’ (Matthew 26:38).

Transparency with God

“He went a little farther and fell on His face and prayed, saying, ‘My Father, if it is possible, let this cup pass from Me; yet not as I will, but as You will’”
(Matthew 26:39).



better
MAN

FBCG MEN Following Christ

TheHuddle

WHAT IS THE HOLY SPIRIT SAYING TO YOU?

WHAT DO YOU NEED TO STOP, START OR CONTINUE
DOING?



JOIN THE **BETTER MAN** MOVEMENT

better
MAN

FBCG MEN Following Christ

TheHuddle

10X BETTER MEN PRACTICE WELLNESS



JOIN THE **BETTER MAN** MOVEMENT



GRATITUDE

Appreciation for what one has.

“In all things give thanks for this is the will of God in Christ Jesus” (1 Thessalonians 5:18).



Benefits of GRATITUDE

- Better Sleep
- Increased Calm
- Increased Joy
- Increased Clarity
- Increased Creativity



GRATITUDE

Wellness Tip:

Share one thing that you are grateful for.

SAVORING



Lingering and dwelling in the positive.

“Dwell on those things that are good, true, lovely and pure...”

(Philippians 4:8)

SAVORING



Wellness Tip:

What accomplishment are you most proud of in 2019?

BELOVED



Deeply and dearly loved by God.

“Therefore, as God’s chosen ones, holy and beloved...” (Colossians 3:12)

Benefits of Being BELOVED

- Increased Confidence
- Overcomes Fear
- Boldness



better
MAN

FBCG MEN Following Christ

TheHuddle

FAST

JANUARY 2020



better
MAN

THE POWER AND PRIVILEGE OF FASTING

WHY ARE WE FASTING?

- ▶ Deepen our relationship with God
- ▶ Seek His perfect will in our lives

WE ARE FASTING

MEATS
SWEETS
TV

HOW LONG ARE WE FASTING?

21 DAYS

WHEN DO WE BEGIN AND END?

BEGIN – JANUARY 2

END – JANUARY 22

Resume eating - January 23 (start with small portions)

WHAT DO I DO WITH MY TIME?

- ▶ Devote yourself to prayer.
- ▶ Consider journaling gratitude and what God is showing you through the fast and reading of His Word.
- ▶ Read inspiring books and literature.
- ▶ Watch and listen to inspirational programs.
- ▶ Do life together. Host a football fellowship. Watch the game with a few men and develop/deepen relationships.

WHAT DO I EAT?

JANUARY 2–9

Fruits, Nuts and Vegetables

JANUARY 10–17

Fruits, Nuts, Vegetables
and Soups

JANUARY 18–22

Fruits, Nuts,
Vegetables,
Soup and Salad



IMPORTANT NOTE

Before undertaking any fast (from food), each man should consult with their physician to determine if their respective health condition would permit a fast. If your health condition does not permit a fast of this type, do not attempt this fast!



JOIN THE **BETTER MAN** MOVEMENT

better
MAN

FBCG MEN Following Christ

TheHuddle

better
MAN

CALENDAR

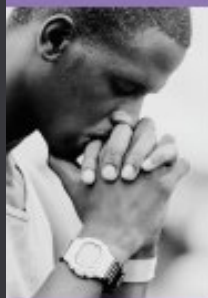
FAST

			1 ISAIAH 58:3-7 JOEL 2:12	2 DANIEL 1:1-21 FAST BEGINS	3 PSALM 91	4 REVELATION 2:1-7 PSALM 90:14
5 EPHESIANS 1:1-10	6 EPHESIANS 1:11-23	7 EPHESIANS 2:1-10	8 EPHESIANS 2:11-22	9 EPHESIANS 3:1-10	10 EPHESIANS 3:11-20	11 EPHESIANS 4:1-10
12 EPHESIANS 4:11-20	13 EPHESIANS 4:21-30	14 EPHESIANS 5:1-10	15 EPHESIANS 5:11-20	16 EPHESIANS 5:21-33	17 EPHESIANS 6:1-12	18 EPHESIANS 6:13-24
19 PSALM 67:1-2	20 JOHN 15:1-11	21 COLOSSIANS 3:12-14	22 PSALM 1 FAST ENDS	23 JEREMIAH 17:5-10 RESUME EATING	24 EZEKIAL 36:24-30	25 LUKE 9:23-27
26 1 CORINTHIANS 13:1-8	27 JAMES 3:13-17	28 2 CHRONICLES 7:14	29 MATTHEW 7:24-27	30 PHILLIPIANS 2:1-11	31 1 CORINTHIANS 16:13-14	

JOIN THE **BETTER MAN** MOVEMENT

FAST

THINGS
 TO
 PRAY
 FOR
 DURING
 THE
 FAST



- JAN 2** Pray for the Joint New Year's Revival (guest preachers, psalmists and attendees).
- JAN 3** Pray for God's divine direction for our Pastor and First Lady. Pray a hedge of protection around Pastor and his family.
- JAN 4** Pray for spiritual discernment and yielding to the Holy Spirit's prompting as our church practices "Doing Life Together" (doctrine, fellowship, breaking bread and prayer).
- JAN 5** Pray for strength to crucify the flesh and become more like our Lord Jesus Christ.
- JAN 6** Pray for the leaders of our church (Elders, Deacons, Deaconesses and Ministers). Pray for our entire church staff (Pastoral staff, administration, and SHABACHI).
- JAN 7** Pray for our Women's Ministries (QE, DDS, Focus Studies, Grace Magazine, Hagar, Homemakers, Monthly Women's Fellowships, Sisters for Your Journey, SJD, Sisters of Hannah, Tamar, Wives Support, and Women in Need).
- JAN 8** Pray for our Men Following Christ (BJD, The Huddle, JAG, MCC, Samson's Dilemma, Half Time and Focus Studies). For MFC to be one team, one sound for the glory of God.
- JAN 9** Pray for the ministry departments - Children and Youth, Communications, Education and Training, Family Life, Help, Missions and Music and Arts.
- JAN 10** Pray for deliverance for those battling with addictions and sexual sins.
- JAN 11** Pray for holy and sanctified singles.
- JAN 12** Pray for godly marriages.
- JAN 13** Pray for mended and stronger relationships (mother/daughter, father/daughter, father/son, mother/son, husband/wife, sister/sister, brother/brother)
- JAN 14** Pray for our seasoned seniors, sick, shut in, and bereaved.
- JAN 15** Pray to hear God's voice clearly.
- JAN 16** Pray for boldness to speak God's love and truth.
- JAN 17** Pray for souls to be saved. Pray that God will use you to witness to men, women and children.
- JAN 18** Pray for your finances and proper money management. Pray for our church's finances to increase through tithes and offerings (100% tithers).
- JAN 19** Pray for our 2020 Women's & Men's Conferences/Retreats (speakers, presenters, attendees).
- JAN 20** Pray for God's direction and destiny for your life and to be a 10x better man spiritually, physically, emotionally and relationally.
- JAN 21** Pray for our President and all the leaders of our country, state and county.
- JAN 22** Pray for strength to preserve in being a 10x better man spiritually, physically, emotionally, relationally, mentally and money.

better
MAN

FBCG MEN Following Christ

TheHuddle

Jan. 2 - Jan. 31, 2020 | 9:30 p.m. daily

10x better **MAN**

30 FOR 30

**30 minutes of teaching
and praying for 30 days.**

Join our private Facebook Group to participate. Search for 10X Better Man on Facebook.

JOIN THE **BETTER MAN** MOVEMENT

NEW YORK TIMES BESTSELLER

**Tiny Changes,
Remarkable Results**

**Atomic
Habits**

An Easy & Proven Way to
Build Good Habits & Break Bad Ones

James Clear



Zoom

Mondays & Tuesdays:
Dec. 17, 23 and 30
Jan. 7, 14, 21 and 28
8:30 p.m. - 9:30 p.m.

Link: <https://zoom.us/j/6751682784>

NO HUDDLE JANUARY

(BISHOP JAKES' LEADERSHIP TRAINING)