



Step 1: How to Start a Champions Table

Find 3 other Pastors (men with men) who you will agree to meet with every week. These may be Pastors who you are not acquainted with and need to seek out or they may be friends you already know? (If there is a church near your church consider going over to meet the other pastor if you have not. Take time to visit and get acquainted and then invite him to start or join you in your Champions Table. Pray with him! Repeat this until you have 4 in your Table. No more than 4 . 4 total is best, the “Jesus Model”, but you may have to start with less.

Establish a place and time to meet (weekly) that works for all. Preferably not at a Church, unless this is best and safer for you. (It is hard to take your Pastor Mantle off if you are in your own church) Consider a Restaurant, home, library, etc.

Be committed and make attendance a Priority! Commit to a minimum of 7 weeks to give your Table a chance.

You should use first names and avoid titles. (i.e. Dr., Bishop, Pastor, etc.)

Step 2: Get Acquainted, Listen and Talk

The first couple of weeks is a time of introduction. Share about your family, What are things you enjoy doing with your wife/children, What are activities you enjoy, where have you lived, when and where did you commit your life to Jesus? (Tell your story), What makes you laugh, cry, angry, shout, sing? etc. Just get acquainted with one another. Find something to laugh about! What is your biggest challenge? Share about YOU! Listen intently to each other!

Each Champions Table should have someone volunteer to be the Table Champion. This is a commitment to contact each Table member the day before your meeting as a reminder and to keep the Table focused.

Suggestion: Take a notepad and make notes about your new friends and their families.

Note: The Table is Yours – It can become one of great Fellowship and Trust and it can also be a place of Encouraging Challenge.

Step 3: Awareness and Sensitivity

Each week ask, “Does anyone need Table Time?” This is current pressing issues of high importance/concern/ or frustration! (If you do, get to the point. Others need time too.)

Do not talk so much that others do not have a chance. You can be silent or open up your heart. Speak with your heart and also listen intentionally. There is a direct relationship in what you give and what you receive.

Talking about “our church” will come naturally, but please do not allow your Table to get stuck on church related issues that dominate your time. Pastors are known for wasting time on “discussions” just to avoid the needed real men issues.

Step 4: Discuss Table and Personal Objectives

Share with the Table any current goals that you feel comfortable sharing. (Marriage, Family, Church, Physical, Household, Personal Improvement, Spiritual Growth, Business, Financial, Health, Education, Ministry, etc.)

Share any Personal areas of Improvement that you want to be encouraged to achieve. (These are also Prayer Requests) Examples: I need to pray with my wife every day, lose 30 pounds, increase my income, write a book, finish/start school, spend more time with my wife, read more, watch less TV, take time off/vacation, pay-off several debts, ask/give forgiveness, talk with my children more frequently, memorize scripture, become a personal soul winner/evangelize. You get the idea.

(The day will come when the Table is where you share the deeper issues, challenges and struggles where you need to have real personal breakthrough!)

You may write these down and/or write the other Table Brothers goals and challenges down too.

Your Table is there to encourage you, cheer you on, pray for you, not judge or give unrequested advice.

****Very Important:** Do not seek out financial help from a Table Brother. They will know your needs and help you IF God directs them.

Step 5: Victorious Living is Your Choice

“Suggested Encouragement and Victory Questions”

Have I spent enough time in personal prayer this week? (What would God say?)

Have I spent enough personal time in God’s word? (Not preparing for Sermons)

Did my faith waiver any this week and if so how did I struggle; fear, doubt, temptation, judgement, etc. ?

Have I had any flirtatious or lustful attitudes, tempting thoughts, wandering eyes or exposed myself to any explicit materials (TV, Internet, Mag. Etc) which would not glorify God?

Did anyone in/from my church tempt me (wandering eyes) or approach me in an inappropriate manner? What did I do?

Have I been completely above reproach in my financial dealings? Have I been honest with my wife about my spending?

Have I treated my body as God’s Temple? In my(Eating, Morality, Exercise, Purity/Holiness)

Have I prayed with my wife every day?

Have I treated my wife as “Jesus loves the Church”? (How much time, listening, helping, appreciating and encouraging her?)

Have I been a Man of God in ALL my dealings this week? What would God say?

(Have I lied in any of my answers?)

Choice 1: Each Table is Challenged to Embrace Weekly Victory Questions. Every week have someone different read these out loud in there entireity. Then ask for a personal response from each Table Brother to identify which ones they need to talk about today!

Choice 2 : Your Table may decide to review each question one at a time, slowly having each man respond. This allows the Holy Spirit to work more intimately within us and requires a deeper honesty.

What am I going to do about it this week?

(You may want to add some questions or revise them. This is your choice)

The Champion's Mentality

When everyone decides to sincerely start this journey you will experience great breakthrough.

Additional Option: Each week set personal and specific time sensitive goals. You may have one or several goals. Write them down and share with your Table. This becomes your personal "TO DO LIST". Each week give a progress report.

This is not a requirement for the Table only a proven way to help you reach goals while building trust and real friendships!

End each week by sharing Prayer needs and close with prayer.

The Table is not a Bible study group or prayer meeting you should be doing that already. However, prayer is vital and friendly discussions are encouraged. The bottom line is. The Champions Table is for Real Men getting serious about Real Men issues.

Your Table becomes your "Prayer Fortress"!

NOTE: Men only meet with Men! Women are starting similar groups throughout the world now too.