

MAN • LIFE • LEGACY

The Pastor's Guide

The 8-Week Track
for the men of your church

*A man does not fall because he is weak.
He falls because nothing was built to hold him.*

Dr. Cedric J. Shelby

MANLIFELEGACY.COM

ONE

The whole thing, on one page

Read this page. If the answer is no, you are out ninety seconds. If it is yes, the rest is detail, there when you need it.

WHAT IT IS

A men's group built on *Build the Man*, Field Manual One. Twelve chapters, twelve tools, eight sessions. One move a week, run for seven straight days, before the next one.

WHO RUNS IT

One of your own men. Not me, and not you. No certification, no training weekend, no visit from anybody. Everything he needs is written down and free.

WHAT IT COSTS

\$16.99 per man for his own manual. Nothing else — no license, no curriculum fee, no honorarium, no travel.

WHAT IT COSTS YOU

Three things. Pick the man. Show up the first night for five minutes. Ask for the debrief. You are not in that room every week and you are not preparing anything.

HOW LONG

Ninety minutes a week, eight weeks. Eight to twelve men. No retreat, no launch event, no Sunday given up.

WHAT HE WALKS OUT WITH

An honest reading of where his life is framed and where it is not, taken before and again after. Twelve tools he has run, not read. One man who knows his real condition and has permission to ask.

WHAT TO DO FIRST

Pick the eight dates. Pick the man.

IF YOU WANT MORE THAN THIS

The Leader Guide is the full facilitator package — every session written out, plus troubleshooting and the handoff. Free at ManLifeLegacy.com. You do not need to read it. The man you pick does.

What it costs you

You should be able to price this in under a minute, so here it is before anything else.

THE WHOLE COST

\$16.99 per man — his own copy of *Build the Man*, ordered from Amazon. He writes in it. He keeps it.

\$0 — the Leader Guide. The complete facilitator package, free to any church running the Track.

\$0 — everything else. No license. No curriculum fee. No certification. No honorarium. No travel. No annual renewal.

Twelve men is about two hundred dollars in books, once. Many churches have the men buy their own; some cover it for the men who can't. Either works. What does not work is a shared copy or a photocopied chapter — the manual is a workbook, and a man who has nothing to write in has nothing to bring back.

WHAT IT COSTS IN CALENDAR

Ninety minutes a week for eight weeks, plus about thirty minutes of preparation for the man leading it. That is the real number. There is no retreat to schedule, no launch event, and no Sunday you have to give up.

WHAT IT COSTS YOU PERSONALLY

Less than you think, and that is deliberate. Your part is three touch points, laid out on page six. You are not the facilitator, you are not in the room every week, and the Track is not designed to add a weekly meeting to your load.

WHY IT'S FREE

Because the bottleneck in most churches is not money, it's a leader who doesn't know how to start. Charging a church for the instructions guarantees fewer rooms get opened. The books carry the cost. The instructions don't.

THREE

What this does to your church

There are no numbers in this document, on purpose. I am not going to tell you what percentage of anything goes up. I can tell you what the structure does. Hold it against your own building and decide whether it is true there.

IT PRODUCES LEADERS, NOT ATTENDEES

Most churches are not short on seats. They are short on men who can be handed weight and trusted to carry it. Every group produces the man who leads the next one, named in session six while the first group is still running. Three rounds in, you have three men who were built by the material and then led something in front of their peers. Whatever else your church intends to do in the next five years, that bench is what will limit it.

IT HOLDS THE DEMOGRAPHIC THAT LEAVES QUIETLY

Men do not announce that they are done. A man misses a Sunday, then two, and nobody calls, because nobody was close enough to know he was gone. Inside the Track every man is covered by one primary man with permission to ask the real question, and that pairing outlasts the eight weeks. Somebody notices in week one, not month six.

WHAT HOLDS A MAN TENDS TO HOLD HIS HOUSEHOLD

I am not going to quote you a statistic on this. You already know which families in your church are steady and which are one hard season from gone, and you know how often the difference runs through the man. A man with a frame under him is a different anchor at home than he was eight weeks earlier.

MEN INVITE MEN WHO CHANGED

No man was ever argued into a church by a flyer. What moves a man is another man he knows whose life is visibly different, holding something he can use. The Structure Assessment is that thing — free, five minutes, no church attendance required. He can send it to a man at work without asking him for anything.

WHAT IT WILL NOT DO

It will not fill seats this quarter. Eight to twelve men at a time, on purpose. This is slow the way a frame is slow. If what your church needs is a spike in Sunday attendance in ninety days, this is the wrong tool, and better to say so now than in week five.

FOUR

The eight weeks

You are approving content, not studying it — that is the facilitator's job, and it is written out for him session by session.

Twelve chapters, eight sessions. Most weeks cover two chapters and run one tool. Every session follows the same four moves, so by week three the room knows the rhythm without being told.

- 01 The report.** Every man says what he committed to last week and whether he did it. No teaching yet. This is what makes the rest true.
- 02 The teaching.** The facilitator walks the chapter content. Twenty to twenty-five minutes, written out for him.
- 03 The tool.** The men open their manuals and work the exercise in the room, not at home.
- 04 The commitment.** Each man names one specific action before next week and says it out loud in front of the others.

THE MEASUREMENT

Before session one, every man takes the Structure Assessment — eighteen questions, five minutes, free on the website. It returns a score out of 100 plus pillar scores across Man, Life, and Legacy. He takes it again after the Track and compares. The Leader Guide includes paper Score Capture Sheets so the facilitator keeps a record for the group, not just the individual.

IF A MAN CAN'T BE IN THE ROOM

Dial him in rather than lose him. A man traveling, working nights, or laid up joins by video and the room is still the room — he is the exception in it, not a second version of it. Two nights hold firm in person: session one, which sets what kind of room this is, and session eight, which launches the thirty-day run and names the next facilitator. Between sessions, a man and his primary man use the phone.

THE ARC

The first half is diagnostic — an honest look at what is actually holding a man's life up and what he has been pretending is. The second half is construction. By session six he is being asked who comes after him, and that question is where this stops being a class.

Choosing your facilitator

This is the only decision in the whole thing that is hard to undo. Everything else can be adjusted in week two. The wrong man in the chair cannot.

Do not pick yourself.

You will want to. You are the best communicator in the building, you care the most, and you can see the room already. Three reasons not to.

Your calendar will win. A pastor who commits to eight consecutive Tuesdays is a pastor who will miss two of them to a funeral and a hospital call, through no fault of his own. The men will read those absences as the program's priority level, and they will be right.

Men perform for their pastor. The report at the top of every session only works if a man can say *I didn't do it* without it costing him something. In front of you, that sentence is expensive. In front of a peer, it is survivable.

You need it to survive you. If the first group runs on your name, the second one needs your name too, and the fourth one never happens. Every group that starts with a layman is proof to the next man that he can do it.

WHAT TO LOOK FOR

- **He finishes things.** The single strongest predictor. Not the most gifted man — the one who has completed something unglamorous recently.
- **He is respected, not necessarily prominent.** Ask yourself which man other men actually call when something goes wrong. It is often not the loudest one.
- **He will do the reading.** Thirty minutes a week, every week. Ask him directly whether he will, and listen to how fast he says yes.
- **He can be quiet.** The job is running four moves and holding silence while men answer, not preaching. A man who cannot tolerate an awkward pause will fill it, and the men will stop bringing anything real.
- **He is available for all eight weeks.** Check the actual dates against his actual life before you ask him.

Who not to pick

- **The man in the middle of it.** If his marriage, his job, or his sobriety is currently on fire, he belongs in the circle, not in the chair. Say that to him warmly and mean it — being in the group is not a consolation prize.
- **The best talker.** Teaching is twenty minutes of eight sessions. If he is only good at that part, he will stretch it and cut the rest, and the rest is the program.
- **The man who needs the platform.** You know who he is. This will not fix it and he will use the room.
- **The volunteer you feel obligated to accept.** A man volunteering is good information, not a decision. You can tell him you are praying over it and come back with a different answer.

HOW TO ASK HIM

Ask in person, with the dates already chosen and the manual in your hand. Tell him three things: it is eight weeks and not open-ended, everything he needs is already written down, and you picked him on purpose and here is why. Then give him a few days. A man who says yes immediately in your office sometimes means *I couldn't say no to my pastor*.

THE ONE THING TO SAY OUT LOUD

Tell him that around session six he will be asked to identify the man who runs the next group. He should know from the beginning that finishing well means handing it off, not that he now owns men's ministry forever. Men accept a job with an end more readily than a job without one.

If you can't name a man

This is the most common honest outcome of reading the last two pages. It is not a reason to shelve the Track, and it is not a reason to default to yourself. Three moves, in order.

Look outside your leadership list. The men already carrying titles are carrying titles. The man you want has often been in your church four years, shows up early, puts chairs away, and has never once been asked to do anything.

Ask two or three men who they call. Not who they respect — who they actually call when something goes wrong at eleven at night. The name that repeats is frequently not on any list you keep.

If there is still nobody, run a small first group on purpose. Five or six men you would trust with anything, and tell them plainly that the point of this round is to produce the man who leads the next one. That is what session six does anyway. You are not delaying the program — you are running round zero of it, and you will come out the other side with the facilitator you could not name.

Three months later with the right man beats next month with the wrong one. The wrong man in the chair is the one mistake here that costs you the second group.

IF YOU GET IT WRONG

You will know by week three. If the report is being skipped, if the teaching is running long every week, or if the men have stopped bringing anything true, sit down with him and read the two pages in the Leader Guide called *When It Goes Sideways* together. Most of it is fixable inside the room. Replacing a facilitator mid-Track is rare and it is survivable — finish the eight weeks with someone else rather than letting it quietly dissolve, because how the first group ends determines whether there is a second one.

Your job — three touch points

Not a metaphor for more. Three.

- 01 Pick the man.** The previous two pages. This is where nearly all of your effort belongs.
- 02 Show up on the first night for five minutes.** Walk in, tell the men plainly that this is sanctioned and that you asked this man to lead it, and leave. Do not stay. Your presence at the start tells the room it matters; your absence after tells them it is theirs.
- 03 Ask for the debrief.** There is a one-page form after every session, five minutes for the facilitator. Ask him for it, and read the last one yourself. That is how you find out what actually happened in that room over eight weeks.

WHAT YOU ARE NOT DOING

You are not attending weekly. You are not preparing anything. You are not reviewing curriculum, tracking attendance, or building a launch campaign. If you find yourself doing those things, something has drifted and the man in the chair is probably the reason.

ONE THING WORTH YOUR PULPIT

Not required, and it is the highest-leverage thirty seconds available to you: announce it once from the front, name the man leading it, and say who it is for. Men join things their pastor named out loud. They do not join things that appeared in a bulletin.

HOW MANY MEN

Eight to twelve is the working range. Under six, the report gets thin and one absence guts the night. Over fourteen, ninety minutes cannot hold everyone honestly and the quiet men disappear. If more sign up than that, do not expand the room — run a second group later, which is what the whole structure is aimed at anyway.

SEVEN

Week eight, and what comes after

This is the page that decides whether you are getting an eight-week study or a men's ministry.

Most church curriculum ends when the material ends. Everybody thanks everybody, the room clears, and eleven months later somebody asks whether the men are still meeting. Two things in this Track are built against that, on purpose.

THE HANDOFF STARTS AT SESSION SIX

Not at the end. In session six, with the group still running and the men still in it, the facilitator names the man who will lead the next one. That man walks through sessions seven and eight already knowing he is next. He is not recruited later out of a cooling room. He is picked while the heat is still on the work.

Your involvement in the third group is close to nothing, and the men running it will have been discipled in it.

One group is a study. Two groups is a system. The difference is a decision made in week six.

THE THIRTY-DAY RUN

Chapter twelve is *The Thirty-Day Run*, and the group closes the night a man starts it. He is not left alone in it — the Leader Guide carries a light check-in for those four weeks, and every man re-takes the Structure Assessment at day thirty instead of on the last night. That matters for the number: a score taken before a man has run the thirty days understates what actually changed.

BROTHERHOOD

Chapter nine is *Brotherhood & Cover*. Inside the Track each man gets one primary man and a circle of two or three. That pairing is the part that outlives the eight weeks. A year later, the call at eleven at night still goes to the primary man. That is the residue you are actually after.

EIGHT

Start

In order. None of it takes long.

- 01 Read *Build the Man* yourself.** Not to prepare — to know what you are handing your men. A couple of evenings.
- 02 Pick the eight dates.** Same night, same time, same room, eight weeks in a row. Avoid a stretch with a holiday in the middle of it.
- 03 Pick your man and ask him.** Pages five and six. Give him the dates when you ask.
- 04 Download the Leader Guide and give it to him.** Free at ManLifeLegacy.com. Tell him to read *Start Here* and Session One before he schedules anything.
- 05 Get the books ordered.** One per man, \$16.99, Amazon. Decide who pays before you announce it.
- 06 Have every man take the Structure Assessment before night one.** Free, five minutes, ManLifeLegacy.com. Without the before, there is no after.
- 07 Announce it once from the front, and name the man.**

ONE ASK IN RETURN

The Leader Guide is free, and the only thing asked for is what you learn using it. Have your facilitator send the session debrief forms to info@manlifelegacy.com. What breaks in your room is what gets fixed for the church that runs it after yours.

Questions, or something in here that doesn't fit your church — write me directly at info@manlifelegacy.com.

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