

Prince George's
Community
Presbyterian Church
Men's Ministry

**Charter
of the
IRONMEN**

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1 PURPOSE

The goal of IRONMEN is for men to hold one another accountable in accordance with the Word of God, to help one another conquer major challenges in life, and to help strengthen each Ironman relationship with God, their immediate and extended families, and friends.

Another goal of IRONMEN is to help men achieve balance in their life by ensuring proper time is reserved and spent on the most precious aspects of life - God, Self, and Family.

- I** – Intelligent with Integrity
- R** - Respectful and Respected
- O** - Obedient to the Word of God
- N** - Not intimidated by the world
- M** - Magnify Christ in their lives
- E** - Excellence in all things Good
- N** – Never Ashamed to be a Christian

2 REQUIREMENTS

2.1 Eligibility

2.1.1 Ironmen

Adult males age 21 and older who are members of the Prince George’s Community Church Men’s Ministry.

2.1.2 Young Men of Iron

Young men, ages 16 – 20 years old, may participate in the IRONMEN ministry. It is recommended that these young men

join the group in pairs in an attempt to ensure a suitable peer-member is available from within the same age group. If no peer-member is immediately available for a lone participant, this individual will be paired in a one-way accountability partnership with an Ironman age 25 years of age or older; the older man holding the young man accountable by using the Accountability Questions for Young Men.

2.2 Active Participation

Active participation is the one-on-one meeting with your fellow Ironman and the full cooperation with the "Questions of Accountability". Participation twice per month is the minimum requirement to remain in good standing.

3 CODE of HONOR

I will be obedient to the Word of God.

I will exercise the highest level of integrity in the small and great situations in my life.

I will seek continuous improvement of my wisdom and intelligence through reading Bible scripture and other intellectually stimulating material.

I will show respect to everyone

I will show courage and stand on the Word of God during challenges from the world.

I will magnify Christ in my life by putting Him first in ALL things.

I will strive for excellence in all endeavors.

I will not be ashamed to be a Christian.

I will freely, willingly, and often share my faith and my daily experience and relationship with Christ.

4 THE IRONMEN PARTICIPATION PLEDGE

- I will participate fully and honestly in each Iron-Sharpening-Iron (ISI) session.

- I will uphold the Ironmen Code of Honor.
- I will not discuss or communicate the content of any ISI session with anyone without explicit expressed consent from my Session-Brother, knowing that doing so could result in serious and irreparable damage.
- I will only use the information learned during the ISI session for the aide and benefit of my Session-Brother.
- I will accept and recognize that my role in the ISI session is to help my fellow Ironman to become victorious in all areas of his life and to stand with him through the challenges of his life, providing spiritual and emotional support.
- At no time will I engage in destructive conversations about any Session-Brother or other Ironman.
- I will rejoice and celebrate all victories and blessings bestowed upon my fellow Ironman without jealous or envy.
- I will not judge.

5 BOOT CAMP

- Every Ironman-candidate must complete 8 weeks of boot camp before officially becoming an Ironman;
- During the boot camp, the Ironman-candidate must complete the following tasks;
 - Walk or run 3 miles (1 for the Father, 1 for the Son, and 1 for the Holy Spirit) each week during boot camp. No minimum time required and total may be achieved through accumulating three (3) miles total in smaller increments spread throughout the week.
 - Read the entire book of Proverbs and for each chapter write one verse that really speaks to your spirit.
 - At the end of boot camp, each Ironman will submit their weekly 3 mile log and their Proverb verses to the PGCC Men's Ministry President for validation.
 - Boot Camp activities MUST be completed during 8 consecutive weeks.
- Successful candidates will be presented with Ironman pin upon completion of boot camp.

6 OPERATONS

- 6.1 Every Iron Sharpening Iron session should begin and end with a prayer;
- 6.2 Sessions should be scheduled at a time and place free of major distraction;
- 6.3 *Sessions should last between 30 – 60 minutes each;*
- 6.4 The PGCC Ironmen “7 Questions of Accountability” must be asked and answered by each Ironman.
- 6.5 Session-Brothers are encouraged to earnestly pray about any and all issues discussed during the meeting and pray throughout the week about these issues.
- 6.6 ISI participants are free to tailor the “7 Questions of Accountability” to ensure they best address the member’s circumstance. Select appropriate questions from the Appendixes to help build the conversations.
- 6.7 ISI participants both should seek guidance from a deacon, elder, or the Pastor of Prince George’s Community Presbyterian Church if you and/or your Session-Brother identify issues or activities of a very serious nature and that may require immediate assistance.

7 PGCC Ironmen “7 Questions of Accountability”

- 7.1 Have you spent time in prayer and or reading God’s word on a daily basis?
- 7.2 Have you managed your time and priorities to ensure your relationship with God and family is strengthened daily?
- 7.3 Do you have any addiction that is hindering your relationship with God and destroying your relationship with family and friends?
- 7.4 Have you compromised your honesty or integrity by words or actions?
- 7.5 Have you participated in any compromising activity or have a compromising relationship with anyone other than my fiancé or wife? For single men: Have you been involved in any sexual activity?
- 7.6 Have you been an effective witness for Christ in the world and a spiritual leader in your home?
- 7.7 Is there anything that you should bring before the Lord in prayer with me?

8 Young Men of Iron Questions of Accountability

- 8.1 Have you prayed every morning and every night?
- 8.2 Have you been obedient to your mother, father, or guardian?
- 8.3 Have you disrespected any teacher or adult in a position of authority?
- 8.4 Have you managed your time well and kept your academic or other primary responsibilities as your highest priority during the week?
- 8.5 Are you making a grade less than a "B" average in any class?
- 8.6 Have you been involved with any drug or alcohol consumption?
- 8.7 Have you been involved in any sexual activity?
- 8.8 Have you been involved in any risky or possibly criminal activity?
- 8.9 Have you set a Christian example for your peers and classmates?
- 8.10 ***Have you given your "best effort" in all endeavors?***

A. Appendix

Sample Accountability Questions

The Accountability Questions (Presbyterian Church of the Covenant)

1. Have I spent regular and adequate time in Bible study and prayer?
2. Have I been a servant to my wife; have I nourished and cherished her; have I sought to love her as Christ loves the church and gave Himself for her?

3. Does my calendar demonstrate that I have made my family a priority and spent quantity/quality time with them?
4. Have I been faithful in exercising my responsibility in the workplace with integrity before God and man?
5. Have I been with a woman in any way that could be viewed as compromising?
6. Have all my financial dealings been filled with integrity?
7. Have I chosen to linger over sexually explicit material that I have read or viewed, or have I allowed my mind to dwell on provocative thoughts or images that have crossed the line that my God has clearly revealed to me should not be crossed?
8. Have I mislead (through minimization or omission), deceived or lied to you?
9. Have I been faithful in praying daily for each brother in this group by name?

B. Appendix

Men's Top Ten Accountability Questions from Calvary Church (<http://www.calvarychurch.org/>; Adapted with permission from Prestonwood Baptist Church, Dallas, TX) (www.prestonwood.org/men)

1. How often have you spent time in the Bible and prayer this week? Be specific: time and place. Psalm 119:11, Matthew 6:33
2. What have you done this week to spend quality, relational time with your wife and family? What could you do? 1 Peter 3:7, Ephesians 5:25-33
3. Who have you been praying for this week? John 17:20, Colossians 1:3
4. What have you been learning in your time with God (Promises, Problems, Perspective, Praise)? Hebrews 1:1-2, John 4:26
5. What steps have you taken this week to guard yourself against lustful thoughts, actions, and/or materials? 2 Timothy 2:22, 1 Thessalonians 4:3-4
6. How have you shaded the truth this week to make yourself look better to others? Proverbs 6:16-19
7. How did you give your best this week (at work, school, etc.)? 1 Corinthians 10:31
8. In what ways have you been above reproach in financial matters this week? Leviticus 19:35-36
9. Who have you shared your faith with this week? 1 Peter 3:15
10. Have you answered these questions truthfully? Proverbs 27:17

C. Appendix

Assorted Questions

1. Have you spent time with God on a regular basis?
2. Have you compromised your integrity in any way?
3. Has your thought life been pure?
4. Have you committed any sexual sin?
5. How much time did you spend in prayer this week?
6. Did you pray for the others in this group?
7. Did you put yourself in an awkward situation with a woman?
8. What one sin plagued your walk with God this week?
9. Did you accomplish your spiritual goals this week?
10. Are you giving to the Lord's work financially?
11. How have you demonstrated a servant's heart?
12. Do you treat your peers and coworkers as people loved by God?
13. What significant thing did you do for your wife and/or family?
14. What was your biggest disappointment? How did you decide to handle it?
15. What was your biggest joy? Did you thank God?
16. What do you see as your number one need for next week?
17. Are you satisfied with the time you spent with the Lord this week?
18. Did you take time to show compassion for others in need?
19. Did you control your tongue?
20. What did you do this week to enhance your relationship with your spouse and/or child(ren)?
21. Have you taken time off to be with your family this week?
22. What have you done to show your wife she is cherished?

23. What have you done to show your kid(s) they are special and unconditionally loved?
24. Did you pray and read God's Word this week? What did you derive from this time?
25. In what ways have you stepped out in faith since we last met?
26. In what ways has God blessed you this week? And what disappointments consumed your thoughts this week?
27. Did you look at a woman in the wrong way?
28. How have you been tempted this week? How did you respond?
29. How has your relationship with Christ been changing?
30. Did you worship in church this week?
31. Have you shared your faith this week? How?
32. What are you wrestling with in your thought life?
33. What have you done for someone else this week?
34. Are the "visible" you and the "real" you consistent?
35. Have you been truthful about everything we have discussed?
36. What are the biggest barriers to your relationship with God?
37. What are the biggest barriers to your relationship with your wife?
38. What are the most serious temptations you face at home? At work? Elsewhere?
39. If Satan were to wage an all-out attack on your life, what area(s) would he focus on? (What are your greatest points of vulnerability? For example, sexual impurity, financial irresponsibility, dishonesty, greed, pride, etc.)
40. How can your brothers help you and pray for you?
41. What have you learned or memorized this week from God's Word? (Share a specific passage.)
42. What happened this week that put you to the test? How did you respond?
43. How are you doing in your relationship with God? (Be specific--time in the Word, prayer, sense of dependence on the Lord, etc.)

44. How are you doing in your relationship with your wife? (Be specific--communication, spiritual sharing, conflict resolution, etc.)
45. How are you doing in your relationships with your children? Or parents? Other key people?
46. How are you doing in your relationships at work or school?
47. How are you doing with your thought life? This week did you consistently keep your thoughts and actions pure before God? (If the answer is "yes", ask "Are you lying?")
48. What kind of a ministry did you have this week? Whom did you share Christ with, either directly or indirectly? Or, how did you use your gifts and resources to help the needy?
49. How can the others pray specifically for you this week?
50. Anything else you'd like to share? (questions or issues you're dealing with?)
51. Are you misusing your power?
52. Are you walking in total obedience to God?
53. Have you had any flirtatious or lustful attitudes, tempting thoughts, or exposed yourself to any explicit materials which would not glorify God?
54. Have you (purposely) exposed yourself to any explicit material (pornographic and/or sexually suggestive material) this week? Have you held on to/fostered any impure thoughts?
55. Have you been completely above reproach in your financial dealings? Are you honoring God with your money? Giving regularly and tithing?
56. Have you spent quality relationship time with family and friends?
57. Have you done your 100% best in your job, school, etc.?
58. Have you told any half truths or outright lies, putting yourself in a better light to those around you?
59. Have you taken care of your body through daily physical exercise and proper eating/sleeping habits?
60. Have you had daily Time Alone With God since we last met?
61. How many Days Alone With God have you taken?
62. Have your thoughts been pure and free from lust?

63. Have you dated your spouse every week?
64. Have you taken a day off each week?
65. Have you had a daily debriefing time with your spouse?
66. Is there anyone against whom you are holding a grudge?
67. Is there any emotional attachment with someone of the opposite sex which could develop dangerously?
68. With whom could such an attachment develop in the future?
69. Have you given unselfishly to your mate's needs?
70. Are there any unresolved conflicts with your mate?
71. How often have you had family altar since we last met?
72. How often have you shared your faith? When? What happened?
73. How much time have you spent with your children? Doing what?
74. Have you spread falsehoods about another -- slander?
75. Have you hurtful truth about another --gossip?
76. Do you have any unmade restitutions?
77. Are you discipling you child? Mate? How? When?
78. Is your practice of journaling up to date?
79. How much have you fasted since we last met?
80. Have you had nightly prayers with your spouse?
81. Report on your memorizing & meditating on scripture.
82. How are you improving in your relationship with your mate?
83. Is there a brother you should try to restore from sin?
84. When did you last give a thoughtful gift to your mate?
85. In what ways have you been tempted to be proud?
86. How have you given to the needy since we last met?
87. How much time have you wasted watching TV?
88. What about questionable movies, magazines, or videos?
89. Are you completely out of installment debt?
90. How are you avoiding materialism?
91. Have you exaggerated or lied since we last met?

92. Have you been able to ignore carnal, complaining, petty people?
93. What spiritual growth books have you read since we met?
94. Of what are you afraid? How will you defy this fear?
95. How have you played "Team Ball" with others since we last met?
96. Have you had a critical spirit since we last met?
97. In what special ways have you shown love to your mate?
98. Have you been fully submissive to authority?
99. Who is it that you are tempted to envy, or be jealous of?
100. Is there any believer with whom you are out of harmony?
101. Who are you discipling and mentoring? How?
102. Was there a time when your love for God was hotter?
103. How have you attempted to make peace between others?
104. Have you taken anything not belonging to you, large or small?
105. What sexual sin have you been most tempted to commit?
106. Have you a practice which may be a stumbling block to others?
107. Have you avoided outbursts of anger or rage?
108. About what have you been inclined to boast?
109. Have you been tempted to give up? How? Why?
110. How have you clarified your life's mission since we last met?
111. Have you avoided fighting, quarreling, dissension, and factions?
112. How have you shown enduring patience since we last met?
113. Have you avoided obscenity, foolish talk, and course jokes?
In what ways have you been tempted to greed?
114. Have you selfish ambition? How pure is your desire to achieve?
115. Is there hate, malice, or ill will in your heart for anyone?
116. Is there any sin, inward or outward, which has dominion over you so that you are habitually falling in this area?

117. How have you expressed thanksgiving to God and others?
118. How have you shown submission and respect to your husband?
119. How have you shown love and tenderness to your wife?
120. Have you frivolously wasted words since we last met?
121. Have you participated in fruitless arguments?
122. Do you have you a teachable spirit?
123. Have you shown favoritism toward the rich or powerful?
How?
124. In what way have you launched out in faith since we last met?
125. Have you abused your power over others? How?
126. Have you deceitfully manipulated people for your own benefit?
127. Have you been guilty of worry, anxiety, or distrust of God?
128. In what ways have you shown brotherly kindness?
129. Is there any sin of another which you have come to tolerate?
130. How have you sought opportunities to serve, listen, and help?
131. How have you cared for the needy since we last met?
132. To whom did you show Christ's love since we last met?
How?