

## Mentor Link Up Meeting Topics

- **Sex:** How to build a satisfying sexual life - Many times sex can become an unwitting priority for men. It can satisfy our innate desire for affection and touch, while it can also lead us to heartbreak and self-sabotage. God created sex, so it must serve a purpose in a well-lived life. The question men have to answer is, “how do I have a satisfying sex life?”
- **Money / Finances:** Understanding money in a life well-lived - Being a good steward of what God provides us has a profound impact on how we can serve others, provide for our family and future. But the “love of money” is also a root of all evil. This topic will challenge the mentee’s perspective on being a wise money manager.
- **Faith:** What role does faith play in a well-lived life? - God created us for a relationship with him through Jesus Christ and the Holy Spirit. But some men struggle with understanding this walk of faith, why to believe, how to come to faith and where it leads. Whether times are tough or rolling smoothly, knowing what -- or who -- to have faith in is the true test of character.
- **Communication:** What concepts lead to the best outcomes? - The tongue causes war or fosters peace. It can deceive or speak the truth. It can harm or heal. Learning to communicate, both verbally and non-verbally, is a powerful skill to harness at all times, especially when confrontation arises. Learn from the author of all, and guidance from a mentor.
- **Motivation:** Understanding the power and lessons of motivation - Procrastination, fear of failure and lack of commitment can keep us stuck in our tracks. But when motivated, or inspired, men can overcome the greatest of obstacles. Where do we find motivation and how do we stay motivated to perform at our best? The answers to these can be the difference between success and failure.
- **Relationships:** How to nurture important relationships. - At the core of every human is a desire for relationship, and love. With this area, we will address conflicts, resolutions, boundaries and more regarding marriage, divorce, dating, raising children and honoring our parents. Afterall, no man can survive on an uninhabited island.
- **Life Design & Time Management:** What are the keys to a well-designed life? - God created a whole universe of opportunity, but no man can expect to balance it all on his own. Between commitments to serve at home, at work and your health, among others, life can get out of balance. Learn how to prioritize what matters the most and design a life well-lived.
- **Work Life/ Career:** Building a good career with God as our supervisor. - Moving up the ladder or building a business can consume our daily lives, and even compromise our faith. Yet, we were built to work, and to pursue our greatest potential. So, is ambition a noble character trait? What does the Bible say about work, and how do I get ahead without leaving my faith behind?
- **Wellness:** What are the most important lessons about wellness? - The Bible refers to our body as a “temple,” yet some men may struggle with issues regarding their weight, fitness, and addiction that can reduce the quality of life and health of the mind, body and soul. How do we prioritize wellness when life is full of obligations? What’s the harm in letting ourselves go?
- **Personal Development:** What are the best strategies to maximize how you are made? - God’s ultimate purpose for our lives is to transform our character, experiencing the fruit of the Spirit. Still, the world has many self-help remedies and workshops that can help or hinder our progress. Having a mentor can guide you through what to value in your growth and what may be pulling you away from God’s best.