



May the FOURS be with you

DATE:

1	PRAYER	:
2	WORD	:
3	LISTEN	:
4	SHARE	:

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FOURS:

- FOURS is a 16 minute Spiritual Growth Model.
- Men are encouraged to enter into a FOURS commitment.
- FOURS are:
 - 4 minutes in **prayer**.
 - 4 minutes in the **word**.
 - 4 minutes **listening** to the lord.
 - 4 minutes **sharing** with another man.
- Men doing FOURS set a target ratio and build from there:
 - Ratio 1:30 – Doing Fours once in 30 days.
 - Ratio 30:30 – Doing Fours everyday.

FOURS Tracking - My Target Ratio is :30 _____



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