

PULSE: 9-MONTH LEADERSHIP DEVELOPMENT COHORT OPPORTUNITY

Who? Men of all ages & stages

Why? Growing in our disciple-making influence at home, at work, and in all the spheres of life

When?

- **Third Saturday monthly gatherings:**
8-10 AM in the Gathering Place at Oakwood (Lower Level)
- Your coach will schedule a **monthly cohort meeting** according to all of your schedules.
- In between each monthly meeting, spend time with **Going Deeper resources** (*Read, Watch, and Listen* options) to help you discover new ideas to discuss with your cohort and to apply in your life.
- **Legacy Retreat**, May 13-15

Mark your calendar with our Pulse Saturday dates and the final retreat dates:

Saturday, Sept. 18, 8-10 AM,
Spiritual Disciplines

Saturday, Oct. 16, 8-10 AM,
Disciple Making Movements

Saturday, Nov. 20, 8-10 AM,
Spiritual Gifts

Saturday, Dec. 18, 8-10 AM,
Emotional Health

Saturday, Jan. 15, 8-10 AM,
Integrity

Saturday, Feb. 19, 8-10 AM,
Marriage & Family Relationships

Saturday, March 19, 8-10 AM,
Spiritual Warfare

Saturday, April 9, 8-10 AM,
Kingdom Impact

NOTE: this is the 2nd Saturday in April to avoid Easter weekend.

Friday-Sunday, May 13-15,
Legacy Retreat

NOTE: this is the 2nd weekend in May

Location: Camp Timber-lee
N8705 Scout Rd, East Troy, WI 53120
Cost: \$115 (includes 2 nights + 4 meals)
Optional activities available at additional cost

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GOING DEEPER RESOURCES:

Between our monthly Saturday gatherings, choose at least one of the three Going Deeper resources (Read, Watch, or Listen) as your assignment for that month.

To help engage various learning styles, we have provided: Read, Listen, and Watch options for each month's theme.

MONTH 1 – SEPT. 18-OCT. 16

Discussion theme: Spiritual Disciplines

Key question: What tools are in your toolbox?

Going Deeper assignment:

Read:

The Good and Beautiful God: Falling in Love with the God Jesus Knows by James Bryan Smith
<https://smile.amazon.com/Good-Beautiful-God-Falling-Apprentice-ebook/dp/Boo6NZ6744>

Watch:

Hearing God: Developing a Conversational Relationship with God by Dallas Willard (6 video sessions on RightNow Media)
<https://www.rightnowmedia.org/Content/Series/1175>

Email: info@oakwoodnow.org to set up a free account on RightNow Media.

Note: resources on RightNow Media can also be listened to in video or audio only formats via the free RightNow Media app.

Listen:

[Renovaré Podcast](#): 5 highlight episodes to provide an overview on spiritual disciplines

1. [The Ways and Means of Grace](#) with Richard Foster:
<https://podcasts.apple.com/us/podcast/renovar%C3%A9-podcast-with-nathan-foster/id917771018?i=1000531612743>
2. [Living the Divine Conspiracy](#) with Dallas Willard:
<https://podcasts.apple.com/us/podcast/renovar%C3%A9-podcast-with-nathan-foster/id917771018?i=1000522064548>
3. [Streams Overview + The Word-centered Life \(Evangelical Tradition\)](#) with Richard & Nathan Foster
<https://podcasts.apple.com/us/podcast/renovar%C3%A9-podcast-with-nathan-foster/id917771018?i=1000437433358>
4. [God Narratives & Holistic Spiritual Formation](#) with James Bryan Smith:
<https://podcasts.apple.com/us/podcast/renovar%C3%A9-podcast-with-nathan-foster/id917771018?i=1000374415838>
5. [Spiritual Disciplines](#) with Richard & Nathan Foster and Marti Ensign:
<https://podcasts.apple.com/us/podcast/renovar%C3%A9-podcast-with-nathan-foster/id917771018?i=1000362186790>

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MONTH 2 – OCT. 16-NOV. 20

Discussion theme: [Disciple Making Movements](#)

Key question: How are we growing as disciples and multiplying disciples for Jesus?

Going Deeper assignment:

Read:

[Miraculous Movements](#) by Jerry Trousdale

<https://smile.amazon.com/Miraculous-Movements-Hundreds-Thousands-Muslims/dp/141854728X>

Watch:

[Disciple Making Movements Summit plenary sessions](#) with Roy Moran & Jerry Trousdale (the first 8 videos on the DMM playlist)

https://youtube.com/playlist?list=PLOkuRvhOj_pNYGKL6M39-JzYcqYAKa77C

Note: YouTube has a free app for mobile devices that makes it handy to listen to videos while on the go! You can also change settings (gear icon) to play videos in 1.5 or 2x speed.

Listen:

[Movement Conversations Podcast](#) hosted by Roy Moran

Choose any 5 episodes to listen to (they are all excellent interviews, filled with strategic disciple-making tips, principles, and practices)!

<https://disciplemakingmovements.com/listen>

MONTH 3 – NOV. 20-DEC. 18

Discussion theme: Spiritual Gifts

Key question: What gifts does the Holy Spirit want to develop in you?

Going Deeper assignment:

Read:

[More: When a Little Bit of the Spirit Is Not Enough](#) by Alan Kraft

<https://smile.amazon.com/More-When-Little-Spirit-Enough-ebook/dp/BooNUSWIL8>

Watch:

[Convergence](#) by Jon Thompson (9 video sessions on RightNow Media, about 10 mins. each)

<https://www.rightnowmedia.org/Content/Series/339209>

Email: info@oakwoodnow.org to set up a free account on RightNow Media.

Note: resources on RightNow Media can also be listened to in video or audio only formats via the free RightNow Media app.

Listen:

[Exploring Word & Spirit Podcast](#) with Dr. Sam Storms: 5 highlight episodes to provide a biblical and practical overview on spiritual gifts

1. [Convergence of Word & Spirit](#) with Sam Storms:
<https://podcasts.apple.com/us/podcast/exploring-word-and-spirit-with-dr-sam-storms/id1556284132?i=1000513225716>
2. [Earnestly desire spiritual gifts, especially that you may prophesy!](#) with Sam Storms:
<https://podcasts.apple.com/us/podcast/exploring-word-and-spirit-with-dr-sam-storms/id1556284132?i=1000520020714>

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3. [The Holy Spirit in the Life and Ministry of Jesus](https://podcasts.apple.com/us/podcast/exploring-word-and-spirit-with-dr-sam-storms/id1556284132?i=1000524546030) with Sam Storms:
<https://podcasts.apple.com/us/podcast/exploring-word-and-spirit-with-dr-sam-storms/id1556284132?i=1000524546030>
4. [Are Miraculous Gifts for Today?](https://podcasts.apple.com/us/podcast/exploring-word-and-spirit-with-dr-sam-storms/id1556284132?i=1000531902751) (part 3 of a 4-part series) with Sam Storms:
<https://podcasts.apple.com/us/podcast/exploring-word-and-spirit-with-dr-sam-storms/id1556284132?i=1000531902751>
5. [Are Miraculous Gifts for Today?](https://podcasts.apple.com/us/podcast/exploring-word-and-spirit-with-dr-sam-storms/id1556284132?i=1000532252424) (part 4) with Sam Storms:
<https://podcasts.apple.com/us/podcast/exploring-word-and-spirit-with-dr-sam-storms/id1556284132?i=1000532252424>

MONTH 4 – DEC. 18-JAN. 15

Discussion theme: Emotional Health

Key question: What is your next step to grow in maturity and healthy emotional regulation?

Going Deeper assignment:

Read:

[The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and the World](https://smile.amazon.com/Emotionally-Healthy-Leader-Transforming-Transform-ebook/dp/B00PFC9MR0) by Peter Scazzero
<https://smile.amazon.com/Emotionally-Healthy-Leader-Transforming-Transform-ebook/dp/B00PFC9MR0>

Watch:

[A Healing Body](https://www.rightnowmedia.org/Content/Series/357412) by Dr. Henry Cloud (5 video sessions on RightNow Media)
<https://www.rightnowmedia.org/Content/Series/357412>

Email: info@oakwoodnow.org to set up a free account on RightNow Media.

Note: resources on RightNow Media can also be listened to in video or audio only formats via the free RightNow Media app.

Listen:

[Emotionally Healthy Leader Podcast](#) with Peter Scazzero: 4 highlight episodes to provide an overview of emotionally health spirituality

1. [Leadership Blindspot Part 1: Giving Away What We Don't Possess](https://www.emotionallyhealthy.org/podcast/detail/Leadership-Blindspot-Pt.-1-Giving-Away-What-We-Dont-Possess) with Pete Scazzero
<https://www.emotionallyhealthy.org/podcast/detail/Leadership-Blindspot-Pt.-1-Giving-Away-What-We-Dont-Possess>
2. [Leadership Blindspot Part 2: We Disconnect Emotions From Our Spirituality](https://www.emotionallyhealthy.org/podcast/detail/Leadership-Blindspot-Part-2-We-Disconnect-Emotions-from-our-Spirituality)
<https://www.emotionallyhealthy.org/podcast/detail/Leadership-Blindspot-Part-2-We-Disconnect-Emotions-from-our-Spirituality>
3. [Skills to Revolutionize Your Prayer Life Part 1: Explore the Iceberg](https://www.emotionallyhealthy.org/podcast/detail/Skills-to-Revolutionize-Your-Prayer-Life-Pt.-1--Explore-the-Iceberg)
<https://www.emotionallyhealthy.org/podcast/detail/Skills-to-Revolutionize-Your-Prayer-Life-Pt.-1--Explore-the-Iceberg>
4. [Skills to Revolutionize Your Prayer Life Part 2: Climb the Ladder](https://www.emotionallyhealthy.org/podcast/detail/Skills-to-Revolutionize-Your-Prayer-Life-Pt.-2-Climb-the-Ladder)
<https://www.emotionallyhealthy.org/podcast/detail/Skills-to-Revolutionize-Your-Prayer-Life-Pt.-2-Climb-the-Ladder>

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MONTH 5 – JAN. 15-FEB. 19

Discussion theme: Integrity

Key questions: What are your areas of greatest struggle? How will you walk in integrity?

Going Deeper assignment:

Read:

The Challenge of the Disciplined Life: Christian Reflections on Money, Sex, and Power by Richard Foster
<https://smile.amazon.com/Challenge-Disciplined-Life-Christian-Reflections/dp/0060628286>

Watch:

Gods at War by Kyle Idleman (6 video sessions on RightNow Media, about 20 mins. each)
<https://www.rightnowmedia.org/Content/Series/1278>

Email: info@oakwoodnow.org to set up a free account on RightNow Media.

Note: resources on RightNow Media can also be listened to in video or audio only formats via the free RightNow Media app.

Listen:

Pure Desire Ministries Podcast: Choose any 3 episodes to listen to (helpful interviews and resources for sexual integrity)!

<https://puredesire.org/podcasts>

MONTH 6 – FEB. 19-MARCH 19

Discussion theme: Marriage & Family Relationships

Key questions: What is your family known for? What vision do you have for your closest relationships?

Going Deeper assignment:

Read:

From Fear to Love: Overcoming the Barriers to Healthy Relationships by Nancy & Ray Kane
<https://www.moodypublishers.com/from-fear-to-love>

Watch:

You & Me Forever: marriage in light of eternity by Francis & Lisa Chan
(7 video sessions on RightNow Media, about 15 mins. each)

<https://www.rightnowmedia.org/Content/Series/1213>

Email: info@oakwoodnow.org to set up a free account on RightNow Media.

Note: resources on RightNow Media can also be listened to in video or audio only formats via the free RightNow Media app.

Listen:

RelateWell Podcast with Dr. Rick Marks: Choose any 3 episodes to listen to (excellent material on relational health with wisdom and tips for marriage, parenting, and all life stages)!

<https://podcasts.apple.com/us/podcast/relatewell-with-dr-rick-marks/id1549789846>

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MONTH 7 – MARCH 19-APRIL 9

Discussion theme: Spiritual Warfare

Key question: Are you practicing powerful, effective spiritual warfare?

Going Deeper assignment:

Read:

[Spiritual Warfare: Christians, Demonization and Deliverance](https://smile.amazon.com/Spiritual-Warfare-Christians-Demonization-Deliverance-ebook/dp/B08L7DS15N) by Dr. Karl Payne
<https://smile.amazon.com/Spiritual-Warfare-Christians-Demonization-Deliverance-ebook/dp/B08L7DS15N>

Watch:

3 YouTube videos:

1. "[What Spiritual Warfare Actually Means](https://youtu.be/m5wll63HLKc)," Dr. Michael Heiser (10 mins.)
<https://youtu.be/m5wll63HLKc>
2. "[The World, The Flesh and The Devil](https://youtu.be/Xwv58giUn6M)," Dr. Karl Payne (42 mins.)
<https://youtu.be/Xwv58giUn6M>
3. "[What the Bible Really Teaches About Demons](https://youtu.be/o4SbHoOZpQQ)," Dr. Michael Heiser (1 hr., 13 mins.)
<https://youtu.be/o4SbHoOZpQQ>

Note: YouTube has a free app for mobile devices that makes it handy to listen to videos while on the go! You can also change settings (gear icon) to play videos in 1.5 or 2x speed.

Listen:

[Epic Identity](https://www.infusionnow.org/english-videos) messages with Dr. Dave Park, Infusion Ministries (6 sessions, note: these are the first 6 messages on the playlist):

<https://www.infusionnow.org/english-videos>

MONTH 8 – APRIL 9-MAY 13

Discussion theme: Kingdom Impact

Key question: In what ways is your life building Christ's kingdom and impacting the world around you?

Going Deeper assignment:

Read:

[Hastening: Book One of the No Place Left saga](https://smile.amazon.com/gp/product/B017E406B2) by Steve Smith
(a novel about the Great Commission and the end of the world)
<https://smile.amazon.com/gp/product/B017E406B2>

Watch:

1. [The Integral Life – Session 1](https://youtu.be/N-cb-otpXiQ) with David Cross, *Work of Influence*
<https://youtu.be/N-cb-otpXiQ>
2. [The Integral Life – Session 2](https://youtu.be/rJDCX0koOTQ) with David Cross, *Work of Influence*
<https://youtu.be/rJDCX0koOTQ>
3. [Disciplemaking Workshop](https://youtu.be/f2lyWCYxt8I) with David Cross
<https://youtu.be/f2lyWCYxt8I>

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Listen:

1. "[A Better Way](https://youtube.com/playlist?list=PLUjtLNrmvu3xSkYg6P2uonEG6zDOC0SHc)," Dale Losch YouTube playlist (6 videos, most less than 5 mins. long)
2. "[Making Disciples Through Our Vocations](https://globalmissionspodcast.com/109)," Dale Losch podcast episode (36 mins.)

MONTH 9

Discussion theme: Legacy

Key questions: How will you be remembered? What in your life will outlive you?

Going Deeper assignment:

Read:

[The Challenge of Finishing Well](https://store.cadreministries.com/challenge-of-finishing-well-a-lead-yourself-leading-up-training-tool-for-a-disciplemaking-life) by Bill Allison & Dave Garda

Note: A copy of this interactive workbook will be provided to you at our Legacy Retreat!

Watch:

[Chazown: Discover God's Dream For Your Life](https://www.life.church/chazown) by Craig Groeschel
(5 video sessions, about 12 mins. each)

Listen:

1. The [Revival Hymn](https://youtu.be/ERglOM5Bm2A) from Sermonindex.net:
2. [Compassionate Samurai Podcast](https://podcasts.apple.com/us/podcast/the-compassionate-samurai-business-hour/id1047080508) by Klemmer Associates: Choose any 3-5 episodes to listen to (excellent material on doing business with character that promotes both success and legacy)!