



Live4More

Men's Discipleship Ministry

"A three-ply cord is not easily broken."Brothers better together

Resources for Formation Materials

"Do you not know that the runners in the stadium all run in the race, but only one wins the prize? Run as to win. Every athlete exercises discipline in every way. They do it to win a perishable crown but we an imperishable one." ~ 1 Corinthians 9:24-25

- **Live4More - Playbook for Disciples**

A directed exploration of intentional discipleship available for [free](#) download focused on discussion questions based on Scripture and the Catechism of the Catholic Church. Topics include; [Our Personal Relationship with God](#), [Life in the Spirit](#) and [Spiritual Growth Essentials](#). Contains [free](#) live streaming video content provided by *Crossing The Goal*.

Website: Live4More.us/Playbook

- **Crossing The Goal – Spiritual Fitness Workouts**

About a dozen Topical Video Series for men such as *Godly Man* and *Spiritual Combat*. [Free](#) live streaming video with associated *Workout Guides* containing discussion questions, Scripture and catechism. DVD's also available for purchase.

Website: CrossingTheGoal.com

- **Interior Freedom – Fr. Jacques Philippe**

Written in a simple and inviting style, this short book of 126 pages seeks to liberate the heart and mind to live the true freedom to which God calls each one of us. Generates fruitful small group discussion and personal spiritual growth.

Website: FrJacquesPhilippe.com/book/interior-freedom

- **Be A Man – Becoming the Man God Created You to Be**

A direct and easy to read book by Fr. Larry Richards exploring 10 topics on how to grow in holiness as a man. Includes discussion questions and action plans for each of the 10 topics. Great for small group discussion.

Websites: Ignatius.com; Amazon.com

- **Into the Breach – Authentic Catholic Masculinity**

A call to battle for Catholic men which urges them to embrace wholeheartedly masculine virtues in a world in crisis. Each of these 12 videos produced by the *Knights of Columbus* explores a different aspect of authentic Catholic masculinity featuring well-known Catholic commentators. The companion [Study Guide](#) facilitates reflection and discussion on the topics presented in the videos and guides men on a journey of brotherhood in faith.

Website: kofc.org/en/campaigns/into-the-breach

- **Consecration to St. Joseph – The Wonders of Our Spiritual Father**

A 33-day process of reading and prayer which explores the life and virtue of St. Joseph, the earthly father of Jesus. This man whom God chose to teach Jesus how to be a man, has much to teach us today on how to be the men we were made to be. *Go to Joseph!* He will increase your faith and virtue. This is very rich material for small group discussion.

Website: consecrationtostjoseph.org

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- **Hearts Afire Parish Programs – Fr. Michael Gaitley, MIC**

A set of “Do it Yourself Retreats” focused on Marian Consecration and Divine Mercy designed for small group discussion. Topics include; Consecration to Jesus through Mary, Consoling the Heart of Jesus, The Holy Trinity, Merciful Love and the Second Greatest Story Ever Told. Materials include DVD’s, a book for each topic and discussion questions.

Website: allheartsafire.org

- **Heroic – Become the Man God Created You to Be**

This *free* and *very* easy-to-use tool is designed to help men develop deeper relationships with Christ, His Church and each other through meaningful discussions over 6 sessions. No preparation required. Get your *free study guide* today!

Website: Live4More.us/formation-materials

- **Exodus 90 – A Spiritual Exercise for the Renewal of the Church**

A challenging 90-day period of prayer and asceticism, supported by a fraternity of 5-7 like-minded men. The exercise focuses on gaining greater interior freedom through daily readings and reflections from the book of Exodus and weekly fraternity meetings with your brothers. Exodus 90 fraternities are spiritually directed by a priest whenever possible.

Website: Exodus90.com

- **The Activated Disciple – Taking Your Faith to the Next Level**

Practice is over. It’s game time! *The Activated Disciple* by Jeff Cavins teaches you to imitate Christ and overcome the obstacles which keep you from being the disciple you are called to be and begin radically living your faith.

Website: ascensionpress.com/products/the-activated-disciple

- **Messy & Foolish – How to Make a Mess, Be a Fool and Evangelize the World**

A simple and easy to use 6-part exploration of evangelization designed for small group discussion. The book is *very* inexpensive and a *free* study guide with challenging discussion questions is available for download.

Websites: MessyAndFoolish.com; DynamicCatholic.com

- **Catholic Christian Outreach – Faith Studies Series**

A collection of helpful resources to clearly and simply explain truths and principles for living the Catholic faith. Each of the 5 topics includes at least 6 sessions which integrate Scripture and Church teachings in its small group discussions.

Website: cco.ca/resources/faith-studies-series

- **Beginning Apologetics – How to Explain and Defend the Catholic Faith**

Basic tools to effectively explain and defend Catholic doctrine on 12 of the most commonly challenged Catholic beliefs.

Website: CatholicApologetics.com (San Juan Catholic Seminars – Other apologetics materials also available)