



The Four Essentials of a SPAR Meeting

By Brian Childres

Many men are aware of their need for SPAR relationships in their lives. They don't have to be reminded that sharpening, prayer, affirmation, and repentance with other men is vital to stay healthy. For SPAR to be a lifestyle, many men attend a weekly SPAR meeting.

These regular gatherings can be powerhouse God encounters. Or they can simply be a lifeless 90-minute meeting with a bunch of dudes. I've outlined the 4 essentials of a SPAR meeting. While not attempting to be legalistic, it is important to be straightforward about the dynamics that empower men to minister deeply to one another.

Time is our most valuable commodity. Especially time away from our families. I don't want to waste a single second. I want to steward my time the best that I can for His glory. When I meet with my brothers, I want to encounter the living God.

Here are the four cornerstones that will help you build a rock-solid weekly SPAR meeting:

PRIVACY - It is vital that your weekly meeting be held in a private place. Why? The coffee shop at 6:30 am is not a safe place to cry out to God. And remember, encountering the power of God in prayer is the best part of a SPAR meeting. If possible, meet in a home, church, office, or outdoors.



CONSISTENCY - SPAR meetings must meet every week. It is very difficult to create deep intimacy if your group meets every other week or monthly. Also, make a commitment to meet EACH week throughout the entire year (unless your SPAR day falls on Thanksgiving, Christmas, or New Year's day). As long as two men can meet on any given SPAR day, do not cancel a SPAR meeting! This is crucial.

LEADERSHIP - Make every effort to have a "trained leader and co-leader" for your SPAR group. If you don't have the full leadership package, don't worry. Make a commitment to make this happen within the next 90 days. Let Freedom Trainings help you train leaders. Leaders who will humble themselves and "Go First" is crucial for genuine SPAR to happen each week. Also, the greater joy of SPAR is growing and multiplying groups!

BROTHERHOOD - It is worth repeating: "It is NOT about the meeting. It is about the relationships!" The lasting transformation that happens in SPAR groups is because of committed, vulnerable, risk-taking love that happens between men. The most important ministry in a SPAR group is not what happens IN the meeting, but what happens BETWEEN the meetings. Get in the habit of calling one SPAR brother everyday Monday through Friday.



Remember, SPAR is a lifestyle and a practical, biblical way of relating to other men. One does not have to start an official SPAR group to deeply impact the hearts of other men. SPAR can happen in your small group, Bible study, or book study. It can happen whenever another man is standing in front of you. Men all around us are spiritually dying from isolation. Let's sharpen, pray, affirm, and repent with every man that God brings our way.



We have discovered that men can only be spiritually healthy when they are intimately connected with other men. Once this connection takes place, spiritual growth accelerates. Husbands begin to love and serve their wives. Dads begin to spend more time with their children. The local church benefits greatly: more mature and committed leaders.

We have witnessed many churches be greatly impacted by men relationally discipling other men. The ripple effect can be huge. Whether you choose to host a Men's Bootcamp or start a new SPAR Group, spiritual renewal is just waiting to happen. Men are hungry for discipleship opportunities that make them come alive. Let us serve you!

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