

# I.R.O.N. Man Challenge of 2012

[March – October]

Your I.R.O.N. Man Challenge, should you dare to pursue, will inspire you to find your motivation in becoming more like the ONE who is the true I.R.O.N. Man! JESUS!

*Proverbs 27:17 AMP "Iron sharpens iron; so a man sharpens the countenance of his friend [to show rage or worthy purpose]."*

Please select an attribute that you would like to develop in Section A from each of the letters represented in the word 'I.R.O.N.' and then choose (3) categories from Section B; then proceed to Section C. Thus, you will have four (4) attributes and three (3) categories that you will be carrying onto Section C.

## Section A

**Insight** – the capacity to gain an accurate and deep intuitive understanding of a person or thing; understanding.

**Intelligent** – having or showing intelligence; clever, brainy; smart; bright; wise.

**Intuitive** – using or based on what one feels to be true even without conscious reasoning; instinctive.

**Industrious** – diligent; hard-working; studious.

**Integrity** – the quality of being honest and having strong uprightness; the state of being whole and undivided.

**Respectful** – courteous, polite, regardful.

**Reverent** - feeling or showing deep and solemn respect.

**Rare** – one-of-a-kind.

**Ready** - in a suitable state for an activity, action, or situation; fully prepared.

**Real** – genuine, true.

**Receptive** - able or willing to receive something, esp. signals or stimuli. Willing to consider or accept new suggestions and ideas.

**Reflective** – thoughtful.

**Remarkable** - worthy of attention; striking; notable, noteworthy extraordinary, outstanding.

**Resolute** - admirably purposeful, determined, and unwavering; determined, firm, decided, resolved, decisive.

**Responsible** - having an obligation to do something as part of a job or role; being the primary cause of something and so able to be blamed or credited for it; liable, accountable, answerable, amenable, reliable.

**Rich** – having a great deal of money or assets; wealthy; having valuable natural resources or a successful economy; opulent, affluent, abundant, moneyed.

**Righteous** – in right standing and right doing with God through Jesus because of His shed blood; a person or conduct that is morally right or justifiable; virtuous; perfectly wonderful; fine and genuine; fair; honest.

**Royal** – having the status of a king, queen or a member of their family; regal; kingly, majestic; imperial; princely.

**Reliable** – consistently good in quality or performance; able to be trusted; a person with trustworthy qualities; dependable; sure; safe; sound.

**Repentant** – a penitent person who feels or expresses remorse for misdeeds.

**Obedient** - obeying or willing to obey; submissive.

**Observant** - paying careful attention; keenly watchful; perceptive or alert.

**Optimistic** - having the tendency to take the most hopeful or cheerful view of matters or to expect the best outcome.

**Opulent** - very wealthy or rich; characterized by abundance or profusion; luxuriant.

**Original** - having to do with an origin; first; earliest; never having occurred or existed before; fresh; new; novel; capable of or given to inventing or creating something new, or thinking or acting in an independent, individual, fresh way; coming from someone as the originator, maker, author, etc.

**Outstanding** - prominent; distinguished; conspicuous; unfulfilled; unsettled; unpaid; uncollected; marked by superiority or distinction; excellent.

**Noble** - having eminence, renown, fame, etc.; illustrious; having or showing high moral qualities or ideals, or greatness of character; lofty; having excellent qualities; superior; grand; stately; splendid; magnificent; of high hereditary rank or title; aristocratic.

**Noteworthy** - worthy of note; deserving notice; outstanding; remarkable; notable.

**Novel** - new and unusual; especially, being the first of its kind.

**Nurturing** - care for and encourage the growth or development of; cherish (a hope, belief, or ambition).

## Section B

Choose (3) categories from the list.

WORK

FEARS

REPUTATION

FINANCES

PURPOSE

PRIORITIES

SEXUALITY

HEALTH

RELATIONSHIPS

AFFECTION

PROTECTION

FATHERHOOD

TEMPTATIONS

TRIALS

PAST

MIND

INTEGRITY

ATTITUDE

MARRIAGE

REPENTANCE

FAITH

EMOTIONS

DELIVERANCE

FUTURE

WALK

OBEDIENCE

TALK

SELF-IMAGE

## Section C

With the attributes of a true I.R.O.N. Man from Section A and the category choices from Section B – answer the following questions in Section C. Because you have chosen (4) attributes from Section A, you will answer each of the questions below four times.

**Who: in my life is a good example of this attribute?**

Attribute I: \_\_\_\_\_.

Attribute R: \_\_\_\_\_.

Attribute O: \_\_\_\_\_.

Attribute N: \_\_\_\_\_.

Which category [Section B] am I showing the development of any or all these attributes?

\_\_\_\_\_

**What: do I have to do to develop this attribute?**

Attribute I: \_\_\_\_\_.

Attribute R: \_\_\_\_\_.

Attribute O: \_\_\_\_\_.

Attribute N: \_\_\_\_\_.

Which category [Section B] am I showing the development of any or all these attributes?

\_\_\_\_\_

**When: is this attribute most visible in my development?**

Attribute I: \_\_\_\_\_.

Attribute R: \_\_\_\_\_.

Attribute O: \_\_\_\_\_.

Attribute N: \_\_\_\_\_.

Which category [Section B] am I showing the development of any or all these attributes?

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**Where: can I find help to implement this attribute into my responses as a Christian? (Scriptures)**

Attribute I: \_\_\_\_\_.

Attribute R: \_\_\_\_\_.

Attribute O: \_\_\_\_\_.

Attribute N: \_\_\_\_\_.

Which category [Section B] am I showing the development of any or all these attributes?

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**How: will this attribute affect my testimony as a man, husband, father, employee, Christian?**

Attribute I: \_\_\_\_\_.

Attribute R: \_\_\_\_\_.

Attribute O: \_\_\_\_\_.

Attribute N: \_\_\_\_\_.

Which category [Section B] am I showing the development of any or all these attributes?

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**Why: is this attribute important and why should I pursue its development?**

Attribute I: \_\_\_\_\_.

Attribute R: \_\_\_\_\_.

Attribute O: \_\_\_\_\_.

Attribute N: \_\_\_\_\_.

Which category [Section B] am I showing the development of any or all these attributes?

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