



LEADER  
DEVELOPMENT  
GROUPS

## **Post-LDG Guide**

### **Books**

Beautiful Outlaw (Eldredge), All Things New (Eldredge), Garden City (Comer), Mere Christianity (CS Lewis), Moving Mountains (Eldredge), Emotionally Healthy Spirituality (Scazzero), Stealing From God (Turek), The Rest of God (Buchanan) A Praying Life (Miller), Reclaiming Irresistible (Stanley), Imagine Heaven (Burke), The Jesus I Never Knew (Yancey), Deep and Wide (Stanley), I Declare War (Lusko), Goliath Must Fall (Giglio), The Me I Want to Be (Ortberg), Abba's Child (Manning), Habits of Grace (Mathis), Tender Warrior (Weber), Knowing God (Packer), Sheet Music (Leman), Radical Wisdom (Campbell)

### **Podcasts**

- Fully Alive
- Restoring the Soul
- Andy Stanley Leadership
- TrueFaced

### **Scripture Verses**

Rom 3:23, Rom 6:23, Rom 5:8, Rom 10:9-10, Rom 10:13

Psalms 1, 15, 16, 25, 27, 42, 62, & 139

Navigators Memory System (TMS)

### **Actions**

- Revisit your "Rule of Life" and make this a part of your day for a month.
- Revisit your "Words to Live By" and make this a part of your day for a month.
- Start your day with 10min of mindfulness/centering prayer
  - Recommended resource: HeadSpace app
- Invite some or all of the guys in your group to text each other "10 things you are thankful for" each day for a month.
- Meet with at least 1 of your LDG Mentors. Continue to share your life with them and seek their input for your relationship with Jesus, your family and your own self-care.
- Contact an AC Staff member who leads in the area you are interested in serving and meet with them
- Invite your group and their families to come over for dinner at your house
- Meet up with 1-3 of the men from our LDG for coffee or lunch. Take honestly with each other about how you are doing since completing LDG
- Attend an open AA meeting
- Spend 1 hour looking back through all you have read, written and done while going through the LDG experience. Celebrate your progress, thank God for your new friendships and pick 1 thing you want to continue learning about over the summer.
- Spend a day or do an overnight retreat at the monastery in Conyers, Ga.
- Make a list of 5 things that really give you life and do as many of them as you can by the end of the summer.
- Make an appointment with a recommended counselor for yourself or for you and your wife (\*Be sure to go at least 3x times because the first visit is usually spent just getting to know your counselor and for them to hear what you hope to gain from your meetings together)
- Attend a church very different from ours and see what it's like as a guest
- Take your wife out for lunch or dinner and talk with her about the impact LDG has had on you and your marriage