



BARNABAS LUNCH APPOINTMENTS (BLA'S)

*The ministry of “hanging out” is the essence of 1-1 discipleship.
Pastor Jeff “Coach K” Kisiah*

A Barnabas Lunch Appointment is an opportunity for you as a leader to intentionally spend time with men in a one-on-one interaction. The goal of these meetings is to provide a safe environment where they can freely “raise the window shade.”

Here’s how to use this strategy to increase your impact on men’s lives.

1. Choose one day a week (or more) and reserve your lunch time for your Barnabas Luncheon Appointment.
2. Make a list of men you would like to target. For a pastor, it may be every man in the church. For a lay leader, it may be men in your Sunday School class or small group.
3. Send emails or call and reserve a lunch appointment on your BLA day. Over time, you will find men contacting you for the opportunity.
4. Be ready with some questions or topics to guide the discussion forward. You don’t want to fill your whole time with surface matters. Take advantage and talk about real life issues. Here are a few suggestions:
 - For a man who needs Christ**—What brings you fulfillment in life?
 - For a cultural Christian**—Some guys just hit their spiritual “time clock” on Sunday morning. How has Jesus impacted the rest of your life?
 - For all types of men**—Do you have some “foxhole friends” and what impact are they having on your spiritual journey?
5. Close the time together in a private location with prayerful support. If you can, always meet at the same location and choose a spot outside to pray – perhaps under a specific tree. As you continue to meet the men, that will become a special place for you and the men you are discipling. In my personal times of intercession, I often pray for God to provide three things in a man’s life...
 - Rock** – to stand on
 - Brook** – to drink from
 - Tree** – to be shaded by

Keep a journal of your meetings both to track a man’s progress on his spiritual journey and to see what God is doing over time. I use a spreadsheet like this one. It’s useful as a prayer guide, ministry review, record for your next BLA, and reminder of God’s hand in these men’s lives.

Day	Date	Time	Appointment	Location	Notes/Follow-Up/Resources
Mon	Jan 30	12:00 PM	Maury T.	Salsarita's	Provided a copy of <i>The Case for Christ</i>
Wed	Feb 1	11:00 PM	Mike M.	O'Charley's	Followed up on his MVP/Mon PM visit
Thur	Feb 2	12:00 PM	Art W.	Loco Lime	Discussed his "right next step"

Here are some ministry objectives for this weekly “BLA Tour:”

- **Intentionality** – Men need to see this principle put into practice regularly!
- **Accessibility** – Move beyond the standard group interaction to these 1-1 times
- **Coachability** – Discern where a man is on the Journey to Biblical Manhood
- **Sustainability** – Strive to help “rekindle the flame” in a man’s spiritual life

Here is some feedback I have received from BLA attendees:

“I've really appreciated the time at our BLAs...whether talking about personal issues, family issues or ministry concerns, it's a great experience. I also appreciate the fact that you are willing to share some of what's happening in your own life. You're not just a pastor that is seen only on Sundays...that's encouraging!”
 -- Mike, police detective

“These gatherings have allowed for my ‘window shade’ to truly be raised in order to reveal who I really am. I have found that building trust (which is achieved in this 1-1 venue) has allowed me to share more honestly, show my vulnerability, and even exposing my weaknesses. I believe it to be one of the most “breakthrough” tools in your MVP ministry, yet probably the most simple!” – Ellis, graphic designer