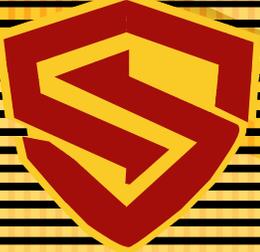


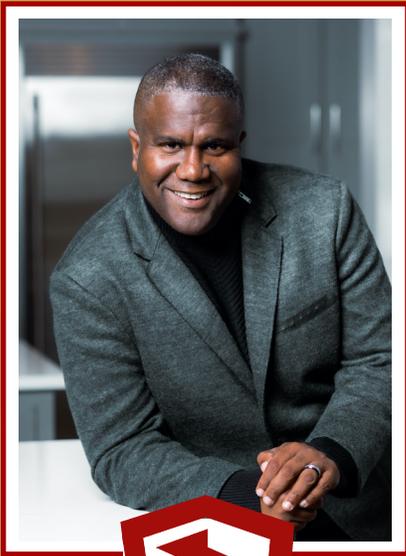
Men's Conference

SIR  **ONG**

#OCCSTRONG2021

men@visitonecc.com





WELCOME

Gentlemen,

I am so excited that you have chosen to hang out with us this weekend. We have invited some dynamic men of God to inspire and encourage you during your time here with us. It is my prayer that you will leave this conference fired up and ready to be the leader God has called you to be. In this climate of uncertainty, Christ is looking for **STRONG** men to stand up and be the example for those who will follow in our footsteps. We must leave the next generation of men in a better position to lead, than when it was passed on to us.

I want to thank each and every one of you for your commitment to being a man after God's own heart. Your attendance at this conference represents a man whose heart beats for the will of God. You could be anywhere, but you chose to be here - thank you. Your dedication shows you are not just strong, but you are **#OCCSTRONG!!!!** Because we're all doing this together!

Your humble servant,

Dr. Conway Edwards
Lead Pastor

“

**BE WATCHFUL,
STAND FIRM
IN THE FAITH,
ACT LIKE MEN,
BE STRONG.**

”

1 CORINTHIANS 16:13

MEN'S CONFERENCE
AGENDA

Friday • June 18

- 6:30p • Doors Open**
- 6:45p - 7p • Preshow**
- 7p - 7:30p • Conference Kick-Off**
- 7:30p - 7:45p • Chop It Up Session 1**
- 7:45p - 8:45p • General Session 1**

Saturday • June 19

- 8a • Registration Opens**
- 8a - 8:45a • Breakfast**
- 8:45a - 9a • Preshow**
- 9a - 9:30a • Conference Day 2 Begins**
- 9:30a - 9:45a • Chop It Up Session 2**
- 9:45a - 10:15a • General Session 2**
- 10:15a - 10:30a • STRONG Challenge**
- 10:30a - 10:45a • Chop It Up Session 3**
- 10:45a - 11:15a • General Session 3**
- 11:15a - 11:30a • Close**

PRESENTERS



DR. CONWAY EDWARDS
ONE Community Church
Lead Pastor

Dr. Edward's unique ability to communicate the truths of the Bible in a relevant and uncompromising manner has helped to reach a generation of men, women, singles, couples, and families embedded in a culture defined by individualism, materialism, and humanism.

Dr. Edwards holds a Master of Theology, from Dallas Theological Seminary (DTS).

He formerly served as Director of Singles at Oak Cliff Bible Fellowship in Dallas, Texas under the leadership of Senior Pastor, Dr. Tony Evans, and is passionate about leadership and the local church.

Dr. Edwards and his wife, Jada, are proud parents of a son, Joah, and a daughter, Chloe.



ISAIAH STANBACK
NFL Superbowl Champion
Conference Host

Mr. Isaiah Stanback is the founder of Steadfast Fitness and Performance, a performance and personal training facility, in the North Dallas area.

Mr. Stanback received his Bachelors degree from the University of George Washington, where he played as a wide receiver and quarterback for the Huskies. After graduation he went on to play in the NFL for several teams including the Dallas Cowboys, New England Patriots, and the Jacksonville Jaguars. During his time in the NFL he worked diligently to receive his MBA from George Washington University.

With his leadership ability and experience, Isaiah has made it his life's mission to motivate and pour back into others, not only in his community, but all across the nation.



DERWIN GRAY
Transformation Church

Dr. Derwin L. Gray is the co-founder and lead pastor of Transformation Church, a multi-ethnic, multi-generational, mission-shaped church in the Charlotte, NC area.

Dr. Gray has been married since 1992 and has two adult children. He was an All-American Safety at Brigham Young University. He then went on to play five years with the Indianapolis Colts and one year with the Carolina Panthers.

In 2015, Derwin was awarded an honorary doctorate from Southern Evangelical Seminary. In 2018, he received his Doctor of Ministry in the New Testament in Context at Northern Seminary.

He is the author of several books, including the national bestseller, *'The Good Life: What Jesus Teaches About Finding True Happiness'*.



CHARLES TILLMAN
Chicago Bears
NFL Cornerback

Charles “Peanut” Tillman is a former NFL All Pro Cornerback who believes in giving back to the community. In 2005, after one of his daughters required a heart transplant at three months old, he and his wife established Cornerstone Foundation. Their mission is to help improve the lives of critically and chronically ill children throughout the Chicago area.

Tillman played college football at the University of Louisiana Lafayette. He then played 12 seasons with the Chicago Bears and one season with the Carolina Panthers before retiring from the NFL in 2016.

In 2015 *‘The Middle School Rules of Charles Tillman’* was published. The book features defining childhood stories of a boy who persevered as he dealt with racism, constantly adapting to relocation, and the challenges of divorced parents.



MATT CHANDLER
The Village Church

During high school God used Matt’s love of football to place him in the path of a teammate who, very early in the relationship, engaged him in a conversation about Jesus. This conversation led to him eventually submitting his life to Christ.

Prior to college Matt served as a youth pastor and went on to complete his Bachelor’s degree in Bible Studies from Hardin-Simmons University in Abilene Texas. Matt became the teacher of an inter-denominational bible study for college students called ‘Grace’.

Matt and Lauren married in 1999 and they have three beautiful children.

“
**BE STRONG.
LIVE
HONORABLY
AND WITH
DIGNITY.
WHEN YOU
DON’T THINK
YOU CAN,
HOLD ON.**

”

– James Frey

27 Questions Every Man Should Ask Himself

allprodad.com



REGULARLY ASKING
OURSELVES
IMPORTANT
QUESTIONS WILL
REVEAL HOW OUR
BEHAVIOR
HURTS OUR WIVES
AND FAMILIES.

- 01 Do I plan to get enough sleep on a day-to-day basis?
- 02 Am I taking care of myself, eating well, and staying physically active?
- 03 Am I managing my time well among family, work, and healthy recreation?
- 04 Do I love gaming, sports, or Netflix so much that I regularly choose to stay up late instead of going to bed with my wife?
- 05 Do I have a hobby that consumes me so much that I miss important family moments?
- 06 Am I responsible with my family's money?
- 07 Am I willing to try new things, fail, and learn from the experience?
- 08 Do I constantly want things I don't have, that I'm jealous of others for having, and/or that I can't actually afford?
- 09 Am I battling a habit or addiction related to drinking, drugs, or pornography? Who am I walking with to overcome this? Do I need professional help?



10

Do I consistently express healthy physical affection to my wife (even when it has nothing to do with sex)?

11

Does my pride mean I consistently wait for my wife to say "I'm sorry" before I do?

12

Am I creative and deliberate in spending time with my wife?

13

Have I invested in any of my wife's interests, or do I simply expect her to love whatever I love?

14

Do I ever let a day go by in which I don't compliment and thank my wife for who she is and all she does for our family?

15

Do I allow my mind and imagination to linger on women I find attractive?

16

Do I maintain healthy physical and emotional boundaries with women who are not my wife?

17

How often do I pray for my family?

18

Do I allow the long or difficult day I had at work to keep me from pulling my weight with the household chores and responsibilities?

19

Do I ever ask my wife how her day has been (and then listen for the answer)?

20

Do I take my wife's willingness and commitment to our family and home for granted?

21

Can each of my kids say that their dad offers his full and undivided attention to them?

22

Am I willing to "waste" time with my kids doing things even if I think they're childish?

23

Can I name three things that each of my kids loves to do?

24

Am I an example to my kids of healthy affectionate touch?

25

Do my kids see that I celebrate their greatest successes alongside them?

26

Do my kids know that I grieve their sorrows and failures right alongside them?

27

Do I waste time at work on meaningless things and have to bring work home with me, essentially denying my family focused time?

STEP UP INTO **MANHOOD!**

NO MAN WALKS ALONE



JOIN A
Couples
SMALL GROUP



BE disciplined

Life is a journey and it is best done in community
- don't walk alone!
Jesus makes you better at
life and makes your
life better. Sign up
to be disciplined today!



ONE COMMUNITY CHURCH
**LEADERSHIP
COLLEGE**
Starting in September
#WEDEVELOPLEADERS



WAYS TO AVOID TOXIC RELATIONSHIPS

6 SIGNS YOUR TEEN IS IN A TOXIC RELATIONSHIP

1 • They Separate Themselves From Friends And Family

It's common for teens to separate from their families, particularly parents, during adolescence. However, when they do it after entering a relationship it is a red flag. When they spend considerably less time with their friends, especially if they lose them altogether, the alarm bells should go off. There could be a number of reasons involved in their isolation. They have become obsessed with the person they are dating or the other person is controlling and possessive. If you see a sudden change in their friend or family relationships sit down and talk to them about your concerns. This would be a good time to set boundaries or schedule consistent family time.

2 • Their Physical Appearance Changes

If there are sudden changes in the clothes they wear or hairstyle it could mean they are changing themselves to appeal to the other person. Relationships should bring personal growth and sometimes that means learning to look more presentable. There's also nothing wrong with trying new looks, but when teens feel pressure to look or dress a certain way to earn affection it has turned toxic. It's a signal that your teen has low self-esteem or has become dependent on the sense of belonging the other person's approval gives them. Ask them questions about how they feel about themselves. Get a discussion going. One revealing question could be, "What is one thing you would change about yourself?" You'll probably be surprised by the answer.

3 • Their Personality Changes

Being in a relationship with a toxic person, no matter what type, is not a safe place. It usually has an effect on the victim's emotional state of being. If you see them go from being a lively, upbeat person to more quiet, depressed, withdrawn, suspicious, or melancholy talk to them about it as soon as possible. Any personality change is a sign they are being belittled, controlled, or are so tangled they are following the emotional roller coaster of their boyfriend or girlfriend. They are carrying a heaviness that comes from the instability, and possibly the abuse, of the relationship.

4 • They Repeatedly Make Excuses For The Other Person's Bad Behavior

When you hear them apologize on behalf of the person they are dating it's a signal their sense of self may be wrapped up in that person. They actually start taking partial or full responsibility for the other's wrongdoing.

5 • They Minimize Violations

Many times a toxic relationship is like being in prison with a fear of parole. They recognize the dysfunction but minimize the severity of it for fear of life without that person. They end up afraid to confront things that are wrong because it could lead to the end of the relationship. As a result, they attempt to convince others and themselves that things aren't that bad. Another situation is they become so enamored with the person they actually can't see the wrongdoing. In their mind the person is perfect. They almost begin to worship that person. This opens the door for a lot of power and manipulation.

6 • There Always Seems To Be Drama

Someone's feelings are always hurt or there's constant fighting. The worst combination of this is combining someone who is deeply insecure and someone who is attracted to drama. If your teen has what even hints of a volatile relationship you need to intervene. Teenagers, whether they admit it or not, need their parent's help in learning how to have healthy relationships.

Kid Behavior Issues That You Need to Break Early

- 01 LYING:** Lying leads to a life of secrecy. Growth and maturity come when we deal honestly with our mistakes and shortcomings. We learn responsibility by owning it. Others see us as dependable, faithful, and authentic. Trust is built leading to healthy relationships. Lying has the opposite effect. Distrust and immaturity take root.
- 02 UNKIND WORDS:** Unkind words cause deep wounds in people; however, they can also lead our general attitude or our feelings about someone. There may be time to disagree, argue, or even fight, but there is never a reason to be unkind. The earlier our kids develop a vocabulary of kind words the better.
- 03 LAZINESS:** Instilling a good work ethic starts by giving them chores to do around the house at a young age. Encourage and reward their work only when it deserves it. This will teach them to value and strive for good work. Starting as early as possible will make all the difference.
- 04 DISRESPECTFUL TO AUTHORITY:** An attitude of disrespecting authority creates a dangerous habit in a child. It will lead to an attitude of entitlement and a lack of proper humility. Children need to learn a respectful disposition to those in authority over them. This doesn't mean they can't disagree with that authority or challenge it, particularly when the authority abuses its power. However, it is important to teach children to always submit to or challenge authority with grace and respect.
- 05 AGGRESSIVE BEHAVIOR:** Intervene aggressive behavior as soon as possible to prevent injury. It is important to find out the reason why this behavior is being exhibited. Observe and listen. Many times, it is a coping mechanism in dealing with stress or feelings of insecurity. If the behavior is allowed or reinforced, it will continue. It is best to stop it immediately when it happens, remain calm, listen to the child, and enforce consistent non-physical consequences.

4 Behaviors That Will Make Your Family Relationships Toxic

STICK WITH THE STATUS QUO EVEN IF IT'S BAD

1

If things are consistently bad then something is wrong with the cycle and it has to be changed. Too many families fall back into the same dysfunction because it has become comfortable. You can't change other people, but you can change how you respond to them. Be prepared though. When you respond in a way that is outside of the norm, they will try hard to get you to fall back in line. If they get under your skin and you respond unfazed, they will get more extreme. Stay focused and continue to break the cycle.

BLAME AS MUCH AS POSSIBLE

2

People who have the healthiest relationships, deepest maturity, and are the most self-assured tend to be quick in accepting responsibility. Even when they are one percent wrong and the other person is ninety-nine percent, they will take responsibility for their one percent first. Then they address the wrongness of the other person. At the same time, people that blame often experience stagnated growth. Take the lead by modeling what it looks like to be a person who accepts their part for wrongdoing - no matter what percentage is yours to own.

HOLD GRUDGES & DON'T FORGIVE OR, AT LEAST, BE SLOW TO IT

3

It may feel good, even right, sometimes; but, in the end, it's relational poison. Holding onto grudges and anger is like inviting a couple wild animals to live in your house. They are just there waiting to cause you to overreact to something minimal creating lasting strife and damage. The reward is a lower quality of life and a lot of energy spent. Forgive and let it go.

STAY AWAY FROM DIRECT COMMUNICATION AS MUCH AS POSSIBLE

4

This includes triangulating, being passive-aggressive, and being silent on a problem that needs confronting. Triangulating is when person A has a problem with person B. However, instead of talking to person B directly about it, person A just goes to person C and bad mouths person B. It's a good way to promote dissension and bitterness. Being passive-aggressive is a tactic of undermining while posturing a position of understanding. All it produces is frustration, distrust, and isolation. Finally, when there are relational problems that go uncontested, it causes the rift to become wider. Good communication solves a world of problems.



NOTES

“
The struggle
you’re in
today is
developing
the strength
you need for
tomorrow.
Don’t give up.

”

Robert Tew

TOP 10 HABITS

T O B R E A K A S A F A M I L Y

● **Fast Food**

The nutrition you get for the calories, sodium, and fat grams you consume is a bad deal. If you find yourself feeding your family from a paper bag with grease stains every few days, it's time to cut back.

● **Bickering**

Some families, especially those with teenagers, find themselves in tense, argumentative conversations over and over all day long. But it doesn't have to be that way nor should it be. Make a conscious effort to curb the sarcastic or argumentative comments you make as a parent, and demand that your children speak to one another with love and respect, too.

● **Disorganization**

For a busy family, organization is a must. It starts with keeping a great calendar of everyone's activities and should trickle down to kids keeping their own work and assignments in order.

● **Wasteful Spending**

Making everyone aware of how little expenses add up can turn the family budget around substantially. Help your kids break habits like buying bottled water or soda when they're out and about and bring a reusable water bottle instead. Eat at home more and dine out less. Teach your kids to take care of expensive sports equipment and school shoes so they don't have to be replaced as often. It all adds up quickly.

● **Overscheduling**

An overscheduled family is a stressed-out family where survival, not intentional living, becomes the rule of the day. Choose carefully and wisely in terms of which commitments you make or allow your kids to make. You may find that your family gets greater joy out of doing fewer things with less pressure.

● **Failing To Eat Together**

Busy families often find that the family dinner table is the big loser when we get caught up in the rat race. But it's worth it to schedule 3-4 (or more) true family dinners each week where every member of the family is required to be around the table to spend time together and eat well. Statistics show that families who do this have happier, healthier kids and parents.

● **Screen Time Overload**

If you or your kids are spending more than an hour or so a day in front of a screen (TV, computer, video game, etc.), you're probably spending too much. Families who have major electronic addictions have higher rates of obesity and other health problems. Plus they're missing out on countless other worthwhile things like reading, outdoor play, games together, and great communication about things that truly matter.

● **Skipping Church**

Make worship and family church activities a priority. This will pay greater dividends in the life of your family than anything else you can do. It will establish a good habit that will be important to their own spiritual growth and health long after they leave your care.

● **Hiring Help For All The Tough Chores**

For busy suburban families, there's a great temptation to simplify things by hiring help for all major tasks: housecleaning, yard work, etc. But if your kids never have to pitch in to get these everyday jobs done, how will they ever know how to do them well or appreciate what goes into them? Do your kids a favor by reserving some key jobs for them that help them develop a work ethic and sense of responsibility. This can also be a great relief to your budget.

● **Comparing**

Doing so can create a host of other problems. For starters, you don't know if the family you're comparing yourselves to share your values and priorities, practical limitations, or budget. For those reasons, it makes more sense to set your own pace for life by intentionally choosing what's best for you and your family and not worrying too much about everyone else.



BAPTISM

AUGUST 28 - 29



Life Groups

Life Groups are a community of believers that celebrate, challenge and seek to cultivate your relationship with Jesus Christ...together!

Life is done best in the context of community.
lifegroups@visitonecc.com




MEMBERSHIP CLASS

JOIN THE *Family!*

SUNDAY, JULY 4 @ IP



STRONG

JOIN THE MEN'S MINISTRY

Start serving today, there is a place for you!



SEVEN NEXT STEPS

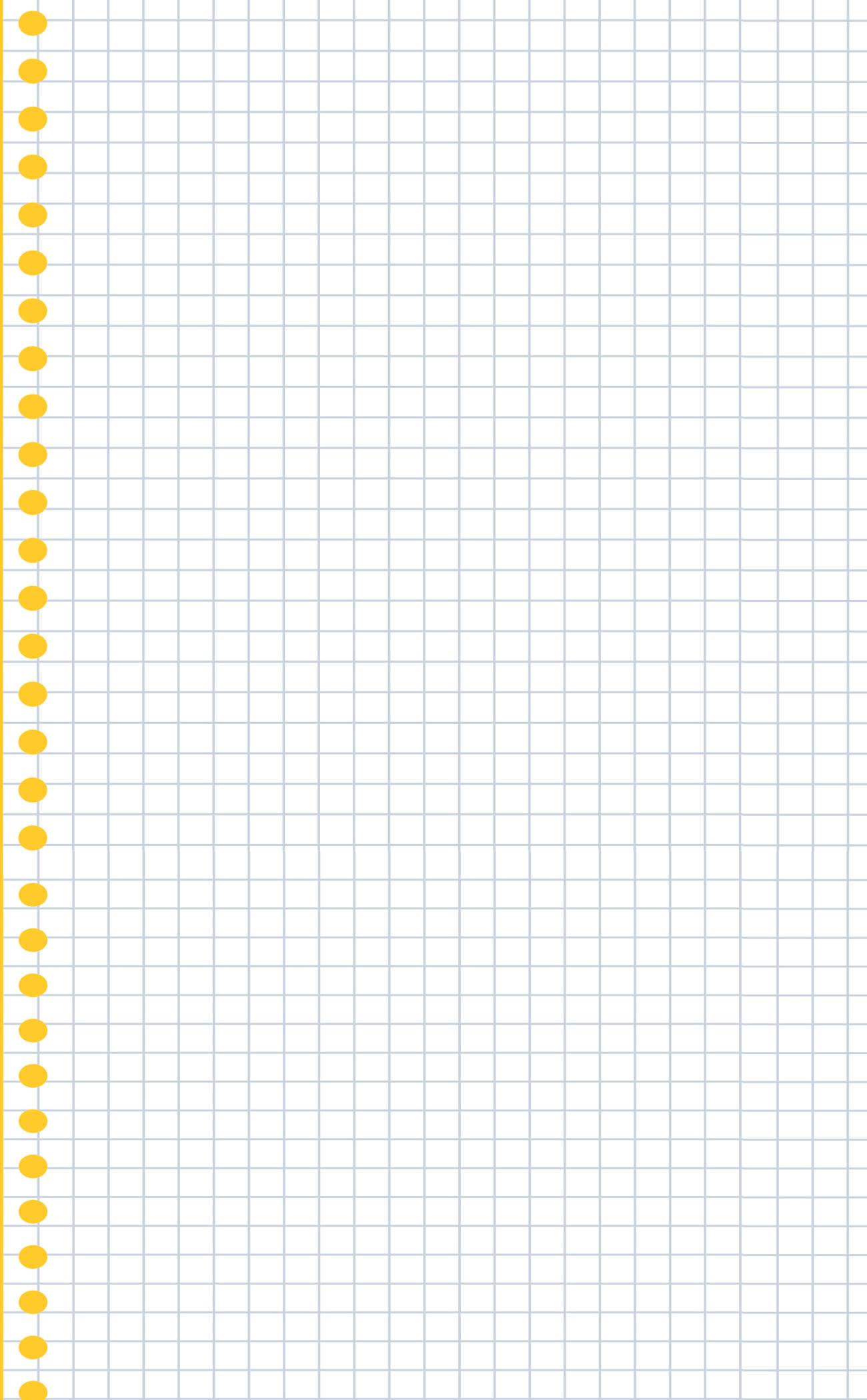


NOTES

“

Do not pray for an easy life; pray for the strength to endure a difficult one. ”

Bruce Lee



MANCHURCH

MANHOOD

MEN'S BIBLE STUDY

2ND & 4TH WEDNESDAYS @ 7P CST



STARTING

August 25

4 CHARACTERISTICS OF MANHOOD

Reject Passivity
Accept Responsibility
Lead Courageously
Expect God's Greater Reward



MEN'S CONFERENCE

RESOURCES

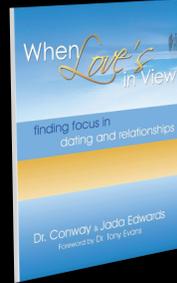
RELATIONSHIP



DERWINLGRAY.COM
Available at Amazon.com



BEFORE LOVE'S IN VIEW
\$10



WHEN LOVE'S IN VIEW
For Single Men
\$10



GOING UP?
For Married Men
\$10

Custom Kicks

PAIR OF OCC NIKE - \$120



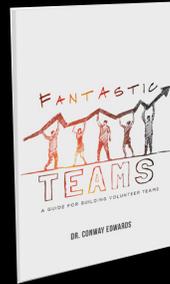
MEN'S CONFERENCE TEE

\$15



20/80 RULE

\$10



FANTASTIC TEAMS

\$10



ORDER HERE
TO PURCHASE
THE EVENT

SWAG

LEADERSHIP

12 REASONS PEOPLE COME TO CHURCH

Spiritual fathering

Thessalonians 2:11

Church discipline

Matthew 18:15-20

Jesus at the Center:
We must not allow a generation to remove Jesus from our culture.

Colossians 1:14-20

The need to know we're part of something bigger.

1 Corinthians 12:12-27

There is power that can only be obtained at the local gathering.

James 5:13

The experience of being emotionally connected to others.

John 13:34, 17-21

Romans 12:10

1 Thessalonians 5:11

The Church protects against derailed teaching (heresy).

Colossians 2:8-10

Philippians 2:2-3

Encouraged to do good for others.

Hebrews 10:24-25

A corporate place to confess our sins: Shed light on the sin, share the burden.

James 5:13-16

Galatians 6:12

Teach people how to fight well and love well (we're consistently in a fight).

Exodus 14:14

Romans 12:18

Going to church is a spiritual discipline.

Romans 12:4-5

Church is messy and not full of "perfect" people.

Matthew 6:1

REST

JULY 2021 • POWER DOWN SABBATH MONTH
31 DAYS TO REFOCUS, REST AND RECHARGE.

STAY CONNECTED

during the summer

OCC Global

Download the App

Watch us on YouTube

Any Questions? 469-609-1909

VBS



JUNE 21-24

Entering Kinders - Rising 6th Grade

PRESS ▶ PLAY

GET IN THE MIX

Register to Attend *IN-PERSON* (Plano Campus) or *VIRTUALLY*

visitonecc.com

Subscribe to
You Tube



- twitter/ visitonecc
- facebook/ visitonecc
- instagram/visitonecc
- youtube/visitonecc
OneCommunityChurch



DOWNLOAD
OUR FREE APP

TOGETHER FOREVER

SATURDAY **JULY 24**



DR. CONWAY EDWARDS • JADA EDWARDS • VAN MOODY • STEVE STROOPE

\$20 PER COUPLE



SPECIAL PRICE FOR TODAY ONLY!

PLANO

SAT @ 5:45P
SUN @ 9A & 11A

2400 TX - 121
Plano, TX 75025

PLANO CAMPUS
info@visitonecc.com

LEWISVILLE

SUN @ 10A

2150 TX - 121 BUSINESS
Lewisville, TX 75067

LEWISVILLE CAMPUS
lewisville@visitonecc.com

PROSPER

SUN @
9:30A & 10:15A

2601 Prairie Drive
Prosper, TX 75078

PROSPER CAMPUS
prosper@visitonecc.com

DALLAS

SUN @ 10:30A

Angelika Theater Dallas
5321 E Mockingbird Ln
#230
Dallas, TX 75206

DALLAS CAMPUS
dallas@visitonecc.com

men@visitonecc.com

Join Us at a Campus Near You

