



# Welcome to BMF

Spring 2026 Week 11  
Season Recap

# BMF Spring 2026



4/2: Week 1: Ben Zobrist

4/9 Week 2: Matt Mooney

4/16: Week 3: Scott Ziegler

4/23: Week 4: Joe Musselman

4/30: Week 5: David Dillon

5/7 Week 6: Lemone Lampley

5/14 Week 7: Joel Schauer

5/21: Week 8: Bradie Ewing

5/28: Week 9: Barrett Davie

6/4: Week 10: John Trautwein

Welcome to the BMF Bonus Weeks

# Setting the Table



## THE CONTEXT

*10 weeks of speakers sharing their journeys; successes and failures*

*BMF has taken many formats over the years: men around a breakfast table, book studies, testimonials and speakers*

*Growth and brotherhood happen when we engage each other directly*

## GETTING STARTED

*Everyone is at a different place; there are no judgements or accolades*

*We are all broken, bruised, and scarred; yet we want something more*

## THE PROCESS

*Briefly revisit the speakers and their themes*

*Reflect on what your takeaways are*

*Discuss at your tables and look to apply these*

LIVE IT OUT

# Sharpening the Whole Man



	<b>FAMILY</b> <i>Husband · Father · Son</i>	<b>COMMUNITY</b> <i>Service &amp; impact</i>	<b>PROFESSIONAL</b> <i>Vocation or studies</i>	<b>SELF</b> <i>Discipline &amp; focus</i>
<b>1</b> God Has Not Forgotten You				
<b>2</b> When No One Is Watching				
<b>3</b> Purpose Over Trophies				
Where I am now				
Where I should be				

## THEME 1 OF 3

# God Has Not Forgotten You



*No matter where you are — forgotten on the bench or fallen in a hole.*

### IN THEIR WORDS

*“My dad says five words to me: ‘God has not forgotten about you.’” — Lemone Lampley*

*“When I came up out of that water... it was a white face — a human being who was not my color risked his life to save my life.” — Lemone Lampley*

*“It’s not falling in the hole — it’s all about getting back out.” — Joel Schauer*

*“My mom’s death saved my life, probably.” — Joel Schauer*

*“He’s not done with us yet.” — Joel Schauer*

*“There but for the grace of God go we... I probably would have done the same thing.” — David Dillon*

*“Who’s going to be a foggy weather friend when you can’t see through the fog?” — Ben Zobrist*

*“It’s okay to be weak. It’s okay to not be okay. That’s when God’s power is greatest.” — John Trautwein*

### IN THE WORD

#### **Joshua 1:9**

“Be strong and courageous... the Lord your God is with you wherever you go.”

#### **John 21:15–17**

“Do you love me?... Feed my sheep.” — Jesus restores Peter.

#### **Psalms 121:1–2**

“I lift up my eyes to the mountains... my help comes from the Lord.”

#### **Revelation 3:7–8**

“An open door that no one can shut.”

#### **Romans 2:4**

“The goodness of God leads you to repentance.”

#### **2 Corinthians 12:9**

“My power is made perfect in weakness.”

## THEME 2 OF 3

# What You Do When No One Is Watching



*Character is forged in the shadows — the preparation, the unseen faithfulness.*

### WHEN THEY FELT UNSEEN

*"What I was really praying was, 'Lord, take this away so I don't have to give it up.'" — Matt Mooney*

*"Depression is often maskable. He didn't want us to know." — John Trautwein*

### HOW THEY FRAMED

*"You have to practice in the shadows." — Ben Zobrist*

*"Sometimes the most powerful man in the room is the man in the corner who knows who he is." — Ben Zobrist*

*"Would I be okay when Jesus sees this? God, are you good with what I do?" — Scott Ziegler*

*"The little details matter when somebody's watching — but more importantly, when nobody's watching." — Bradie Ewing*

*"Be great at the things that take no talent and no skill." — Bradie Ewing*

*"It's more about broadcasting your power as opposed to becoming powerful." — Joe Musselman*

*"Anything worthwhile requires you to be intentional and consistent." — Barrett Davie*

### IN THE WORD

#### Colossians 3:23–24

*"Work heartily, as for the Lord and not for men."*

#### Galatians 5:22–23

*"The fruit of the Spirit is love, joy, peace..."*

#### Proverbs 13:20

*"Walk with the wise and become wise."*

#### Matthew 6:6 (allusion)

*"Your Father, who sees what is done in secret, will reward you."*

## THEME 3 OF 3

# Purpose: The World's Trophies Won't Fill You



Nearly every man reached the top of his field — and testified it wasn't enough. Real purpose began where the achievement ran out.

## THE TROPHIES WEREN'T ENOUGH

*"What the world offers us will never be enough."* — **Ben Zobrist**

*"I reached a small level of fame... and that stuff was never satisfying. Never."* — **Matt Mooney**

*"Jesus is not a value-add proposition to the American dream."* — **Matt Mooney**

*"I was fronting in front of people, acting like everything was going well."* — **Lemone Lampley**

*"We all come to that point where we say... I need something more."* — **Lemone Lampley**

*"The less I focus on money, the more it shows up."* — **Joe Musselman**

## THE CALLING THAT FILLED THE VOID

*"Purpose is being a part of, or in service to, something bigger than just yourself."* — **Bradie Ewing**

*"When you know your why, your what becomes more clear and more impactful."* — **Bradie Ewing**

*"I was never meant to be a SEAL. I was meant to make sure that community never had to worry about what they did next."* — **Joe Musselman**

*"God has you in that workplace to represent him in a way that your pastor never could."* — **Scott Ziegler**

*"All God wants is life in us. That's all he wants."* — **Joel Schauer**

*"To whom much is given, much is required."* — **Barrett Davie**

*"Love is the thing — it's got to overflow into the lives of other people."* — **David Dillon**

*"What do you love to do — and did you do it today?"* — **John Trautwein**

## IN THE WORD

### 1 Peter 4:10–11

"Use whatever gift you have received to serve others... so that in all things God may be praised."

### James 1:2–4

"Consider it pure joy... the testing of your faith produces perseverance."

### Ecclesiastes 1:14

"All of it is meaningless, a chasing after the wind."

### Luke 12:48

"To whom much is given, much will be required."

### Matthew 28:19–20

"Go and make disciples..." — the Great Commission.

### 2 Timothy 4:7

"Fight the good fight, finish the race, keep the faith."

LIVE IT OUT

# Sharpening the Whole Man



This season's themes are meant to be lived across four arenas. For each theme, note how it shows up in each — then rate where you are now and where you sense God calling you.

Theme ▾ Arena ▶	<b>FAMILY</b> <i>Husband · Father · Son</i>	<b>COMMUNITY</b> <i>Service &amp; impact</i>	<b>PROFESSIONAL</b> <i>Vocation or studies</i>	<b>SELF</b> <i>Discipline &amp; focus</i>
<b>1 God Has Not Forgotten You</b>				
<b>2 When No One Is Watching</b>				
<b>3 Purpose Over Trophies</b>				
<b>Where I am now</b> <i>1-10 or notes</i>				
<b>Where I should be</b> <i>1-10 or notes</i>				