



# REAL

**THE 4 PILLARS OF MANHOOD**

With special thanks to Robert Lewis, author of *Raising A Modern-Day Knight*.  
His unique insights into authentic manhood have been a great inspiration.

*R.E.A.L. The Four Pillars of Manhood*  
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Cover illustration by Scott Zelazny  
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Printed in the United States of America

This Small Group Study Guide is designed to work with the companion DVD "R.E.A.L - The 4 Pillars of Manhood". Each session includes interactive Discussion Topics... plus Action Steps and Leader's Notes to enrich your small group experience.

For more information about obtaining additional copies of these materials contact Kensington Resources at 248.786.0588.



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## Small Group Agreement

In order to lay the foundation for a good small group experience, read through and discuss this Small Group Agreement during Session One. This will get everyone on the same page regarding the group's values, expectations, and commitments. Feel free to modify anything that does not work for your group.

We agree to the following **VALUES**:

### **CLEAR PURPOSE**

To learn that you have what it takes to become a R.E.A.L. man

### **GROUP ATTENDANCE**

To give priority to the group meetings over other commitments in my schedule (And I'll call if I am going to be absent or late)

### **SAFE ENVIRONMENT**

To help create a safe place where men can be heard and feel respected (no quick answers, snap judgments, or simple fixes)

### **BE CONFIDENTIAL**

What is discussed in the small group stays in the small group

### **SPIRITUAL HEALTH**

To give group members permission to help me live a healthy, balanced spiritual life that honors God

### **WELCOME NEWCOMERS**

To invite our friends who might benefit from this study

### **BUILDING RELATIONSHIPS**

To get to know the other members of the group and pray for them regularly

## Session Format

Men love maps! We included this page to give you a roadmap so you'll know what to expect in each small group session:

### **1st — Session Focus / Key Verse**

Begin each small group by reading the Session Focus and Key Verse. This will give everyone a head's up on the topic you'll be talking about.

### **2nd — DVD**

Now it's time to play the DVD. All of the sessions feature Dave Wilson, teaching pastor from Kensington Community Church. In addition to his job at Kensington, Dave is the chaplain for the Detroit Lions and he spends his free time coaching football at Rochester Adams High School. As you're watching the DVD jot down any key ideas, observations or questions that you may want to remember later. And don't miss the fill-in-the-blanks!

### **3rd — "For Starters"**

After the DVD is finished there are a few "icebreaker"-type questions that are meant to get everyone talking and connecting and will provide your group a few laughs as well.

### **4th — "Around the Room"**

After you answer the "For Starters" questions the host will facilitate this section. Answering these questions should take the bulk of your time each session (30 to 60 minutes). By the way, no one-word answers are allowed! NOTE: adults and students will be using the same Study Guide. However, certain questions are written specifically for adults and are marked like this: \*\*\*. A student version of these questions is located in the "Supplemental Student Questions" section on pages 49-55.

**5th — Action Step**

We think this material has the potential to change you for the rest of your life. Therefore each week you will be given an action step to help you integrate some of the principles learned in this study and apply them. This optional “homework” will help you get the most out of your small group experience.

**NOTE:** Sessions 5 and 6 will go “off road” and not follow this map.

# R.E.A.L. MAN

Session One: "R"



## Icebreaker

Think of some of your all-time favorite movies. If you could be any character in one of them, who would you choose and why?

## Session Focus

Most men in the 21st century have an identity crisis because they don't know the answer to the question, "What does it mean to be a man?" This small group study will tackle that issue. This first session introduces the Four Pillars of Manhood which is a four-part definition of a "R.E.A.L. man." The first pillar takes us back to the beginning of the human race: Adam in the Garden of Eden. The first man who ever lived was passive and throughout history all men have inherited this trait. Although it is a natural tendency for men to be passive, a R.E.A.L. man must reject it.



### KEY VERSE

*"When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it."* — Genesis 3:6 (NIV)

Note #1: If you are facilitating today's discussion, be sure to use the "Weekly Leader Notes" on page 57. These notes provide additional insight into each question and will help guide the group into life-transforming discussion.

Note #2: Adults and students will be using the same Study Guide. However, certain questions in this section are written specifically for adults and are marked like this: \*\*\*. A student version of these questions is located in the "Supplemental Student Questions" section on pages 49-55.



## DVD Notes

R \_\_\_\_\_

E

A

L

### For Starters

Before we discuss the First Pillar of Manhood — reject passivity — we have to dismantle three false pillars of manhood: athletic ability, sexual conquest, and economic success. Our American culture says these three things are what make you a man. But the truth is they describe a false masculinity. Most of us have believed all three of these lies at some point in our past . . . and lived accordingly. Sadly, many remain deceived and pursue one or more of these three false pillars our entire lives.<sup>1</sup>

\*\*\*1. The first false pillar of manhood surrounds our athletic ability — society says you're a man if you're good at sports. Our first exposure to this pillar is on the playground or in gym class. Think back to those days. Were you a natural at any sport? Were any of them a struggle for you? Did you feel less masculine because of it? Do you remember picking on a boy in your class who was uncoordinated?

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\*\*\*2. The second false pillar surrounds sexual conquest — society says you're a man if you have a lot of notches on your bedpost. This pillar begins to dominate our lives in our teenage years. At what age did you become sexually active? Did you feel like "the man" if it happened when you were young? Did you feel like a loser if it happened later than it did for some of your friends?

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\*\*\*3. The third false pillar surrounds our economic success — society says, "He who dies with the most toys wins." Do you find yourself feeling inferior to other men who have better jobs, nicer cars, or bigger houses than you? Give an example.

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**a r o u n d t h e r o o m**

4. When Dave shared his "nice sweater" story, he described three different types of men and their reactions:

- a passive man wouldn't do anything
- an active "jerk" man would yell something derogatory back to the guy
- a R.E.A.L. man would reject passivity and resolve the conflict in an appropriate manner

What do you think you would have done if you were in Dave's shoes?

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\*\*\*5. Read Genesis 3:1-6. The serpent was distorting the truth that God had revealed to Adam. His wife was being deceived. Yet, Adam remained silent, watching it all unfold. The first man who ever lived was passive and we have inherited this trait, especially in our significant relationships. How do men (you?) tend to be passive with their wife, kids, boss, and peers?

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6. What reasons do men typically give to rationalize their passivity in these areas of their lives?

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\*\*\*7. Adam hid from God (see Genesis 3:10). Nowadays, men hide from each other. While most men have a number of acquaintances, studies show that 9 out of 10 men do not have a true friend.<sup>2</sup> What are some reasons men (you?) may give to justify why they are isolated. Which of these may have some validity?

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"The silence of Adam is the beginning of every man's failure, from the rebellion of Cain to the impatience of Moses, from the weakness of Peter to my failure yesterday to love my wife well. And it is a picture — a disturbing but revealing one — of the nature of our failure. Since Adam every man has had a natural tendency to remain silent when he should speak . . . [As a result] Satan keeps winning too many victories: in our society, in our churches, and in the lives of our wives, children, and friends. It is time for men to recover their voices, to listen to God — and to speak."

**Larry Crabb**

*The Silence of Adam*<sup>3</sup>

8. Dave mentioned how "engaging with God" (the Second Pillar of Manhood) will help you reject passivity. Why do you think this is true?

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\*\*\*9. What are some specific ways you will reject passivity this week and engage with your wife, kids, and boss?

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10. What are you going to do this week to begin transforming one of your acquaintance-level relationships into a true friendship?

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# R.E.A.L. MAN

Session Two: "E"



## Session Focus

This session continues our quest in defining a R.E.A.L. man as we look at the second Pillar of Manhood. By the way, the Four Pillars aren't in order. The "E" is #1 because as you do it, you will receive from God what you need to succeed in "R," "A," and "L."



### KEY VERSE

*Don't waste your time on useless work, mere busywork, the barren pursuits of darkness. Expose these things for the sham they are. It's a scandal when people waste their lives on things they must do in the darkness where no one will see. Rip the cover off those frauds and see how attractive they look in the light of Christ. Wake up from your sleep, Climb out of your coffins; Christ will show you the light! So watch your step. Use your head. Make the most of every chance you get. These are desperate times! — Ephesians 5:11-16 (MSG)*

Note: If you are facilitating today's discussion, be sure to use the "Weekly Leader Notes" on page 62. These notes provide additional insight into each question and will help guide the group into life-transforming discussion.



## DVD Notes

### Rejects Passivity

**E** \_\_\_\_\_

A

L

### For Starters

1. What role, if any, did church and God have in your family when you were growing up?

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2. The Apostle Paul encourages us to, "Give thanks in all circumstances" — 1 Thessalonians 5:18 (NIV). What are some things in your life that you should be thankful for (and thank God for) but typically take for granted?

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**a r o u n d t h e r o o m**

Dave challenged us not to be content with having a lukewarm, mediocre relationship with God. As a R.E.A.L. man we should actively engage with God, always striving to reach new heights on our spiritual journey. Jesus had R.E.A.L. men in mind when he said, *“Seek first the kingdom of God and his righteousness . . .”* — Matthew 6:33 (ESV) We seek God the same way Christians for the past 2,000 years have been seeking him — through the classic spiritual disciplines like reading our Bible, praying, and serving others.

- 3. It has been said, “Show me your calendar and I’ll show you what’s important to you.” How we spend our time reveals what we value most. With this in mind if you took an honest look at your schedule what are some things you are “seeking first” instead of God?

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4. The Apostle Paul laid out a challenge for men when he wrote, *"Let the Word of Christ dwell in you richly."* — Colossians 3:16 (NIV) On a scale of 1-10 (1=Your Bible has an inch of dust on it; 10 =You spend significant amounts of time each day reading, studying, memorizing, and meditating on passages from the Bible), how are you doing in this area? What impact would prayerfully reading your Bible for one hour each day have on all areas of your life?

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5. On a scale of 1-10 (1=I pray as often as I wax my car; 10=I pray as often as I blink), how much do you pray?

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6. Besides reading your Bible and praying, what are some other ways men (you?) could engage with God? Think outside of the box!

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7. What is one activity you do on a regular basis that if you cut back or stopped doing altogether, would make a significant difference in the amount of time you could dedicate to engaging with God?

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8. D. L. Moody, founder of the Moody Bible Institute, once said, *"The world has yet to see what God can do with and for and through and in and by the man who is fully and wholly consecrated to Him. I will try my utmost to be that man."*<sup>4</sup> What does this quotation stir in your masculine heart?

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"We shall not become like Christ until we give Him more time. A teachers' college requires students to attend classes for 25 hours a week for three years. Could it prepare competent teachers or could a law school prepare competent lawyers if they studied only 10 minutes per week? Neither can Christ, and He never pretended that he could. To His disciples He said: 'Come with me, walk with me, eat and sleep with me, twenty-four hours a day for three years.' That was their college course. 'He chose them,' the Bible says, 'that they might be with Him,' 168 hours a week!"

**Frank Laubach**  
*The Game with Minutes*<sup>5</sup>

**R.E.A.L. men plan ahead!** If you own a Bible bring it to your small group the next time you meet. There are a number of passages we'll be looking up.



# R.E.A.L. MAN

Session Three: "A"



## Session Focus

This session introduces the third Pillar of Manhood. Men were not created to be slackers but to be responsible! In fact, God has given men six key responsibilities in life and this session will focus on how a R.E.A.L. Man handles them.



### KEY VERSE

*Then the man and his wife heard the sound of the LORD God as he was walking in the garden in the cool of the day, and they hid from the LORD God among the trees of the garden. But the LORD God called to the man, "Where are you?" He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid." And he said, "Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?" The man said, "The woman you put here with me – she gave me some fruit from the tree, and I ate it." — Genesis 3:8-12 (NIV)*

Note #1: If you are facilitating today's discussion, be sure to use the "Weekly Leader Notes" on page 65. These notes provide additional insight into each question and will help guide the group into life-transforming discussion.

Note #2: Adults and students will be using the same Study Guide. However, certain questions in this section are written specifically for adults and are marked like this: \*\*\*. A student version of these questions is located in the "Supplemental Student Questions" section on pages 49-55.



## DVD Notes

Rejects Passivity

Engages with God

**A** \_\_\_\_\_

L

### For Starters

1. One of a man's main responsibilities in life is working in order to provide for himself and others. Think back to all of the ways you earned a paycheck over the years. Share with the group every job you've ever had, from your very first one to your current 9 to 5.

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**a r o u n d t h e r o o m**

\*\*\*2. Put your heads together as a small group and rank the six main responsibilities of a man that Dave mentioned — husband, worker, child of God, son, father, community member — in order from most to least important. Then share how these rank in your own life according to where you put most of your energy.

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3. Dave shared the story of a man who repeatedly chose to work on his front yard instead of play basketball with his son. If you take an honest look at how you spend your time, what is something or someone not on your list from Question 2 that you tend to put ahead of at least one of those six responsibilities?

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4. R.E.A.L. men accept the responsibility of developing their relationship with God. Yet, we all go through peaks and valleys on our spiritual journey. Where are you at right now — a peak, a valley, or somewhere in between? Why do you think this is?

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5. When asked what matters most Jesus replied, *"Love God and love your neighbor."* (see Matthew 22:34-40) Commenting on Jesus' words author Scot McKnight wrote, *"Sadly, far too many Christians love others with abandon while their own families are starving for their love. Let this be clear: our home is also in our neighborhood."*<sup>6</sup> What are some ways you could demonstrate love toward your "neighbors" in your own home?

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6. A R.E.A.L. man accepts the responsibilities of being a son. No matter your age the fifth commandment in God's Top 10 — "Honor your father and mother" — still applies. Yet, it is more natural for daughters to do this than sons. What are some simple ways you could honor your parents?

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- \*\*\*7. Some men are paycheck driven. Others are purpose driven. Both are valid motivations for men to go to work. Read over the following statements and look up their accompanying Bible verses. Which describe your current motivation for working and which inspire a vision for what your 9 to 5 could become?<sup>7</sup>

- "Because I have to do it." (see 2 Thessalonians 3:10)
- "Because I want to provide for my family."  
(see 1 Timothy 5:8)
- "Because I want to have a certain standard of living."  
(see Ecclesiastes 5:19)
- "Because I desire to accomplish something meaningful to me." (see Ecclesiastes 2:24)
- "Because I seek to do something through my work that is helpful to others." (see 1 Peter 4:10)
- "Because I want to have money I can give to the less fortunate." (see Ephesians 4:28)

- "Because I want to give to my church so more people can encounter Jesus." (see Proverbs 3:9)
- "Because it's an opportunity to serve and glorify God through my work." (see Colossians 3:23-24)

What really stuck out, though, was something Biff [football coach at Gilman High School] later said to one of the Gilman mothers. At a cookout after the scrimmage — family members included — this woman casually asked Biff how things were looking for the team. How successful did he think the boys were going to be? "I have no idea," Biff said . . . She had been inquiring about the season. This season. Biff was perfectly clear on that. But he was not trying to be cute with his response; he was trying to make a point. "I won't really know how successful they're gonna be till they come back to visit in twenty years," Biff said. "Then I'll be able to see what kind of husbands they are. I'll be able to see what kind of fathers they are. I'll see what they're doing in the community."

**Jeffrey Marx**  
*Season of Life*<sup>8</sup>



# R.E.A.L. MAN

Session Four: "L"



## Session Focus

In Session One we explained that most men in the 21st century have an identity crisis because they don't know the answer to the question, "What does it mean to be a man?" With this session your four-part definition of a R.E.A.L. man will be completed! God made men to be leaders, not followers. And a R.E.A.L. man not only leads, but does so courageously.



### KEY VERSE

*Be on your guard; stand firm in the faith; be men of courage; be strong.*  
— 1 Corinthians 16:13 (NIV)

Note #1: If you are facilitating today's discussion, be sure to use the "Weekly Leader Notes" on page 67. These notes provide additional insight into each question and will help guide the group into life-transforming discussion.

Note #2: Adults and students will be using the same Study Guide. However, certain questions in this section are written specifically for adults and are marked like this: \*\*\*. A student version of these questions is located in the "Supplemental Student Questions" section on pages 49-55.



## DVD Notes

Rejects Passivity

Engages with God

Accepts Responsibility

**L** \_\_\_\_\_

### For Starters

1. They may be living or deceased, men you know personally or whom you've only seen on TV or read about in books. Brainstorm with your group and come up with a list of men who led courageously in an area of their lives.

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**a r o u n d t h e r o o m**

2. Dave said R.E.A.L. men, regardless of their age, should lead their family in the area of giving financially to their home church. Yet, many men are hesitant because they (you?) have a negative perception of churches when it comes to money. What are some legitimate reasons why this is the case?

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\*\*\*3. Is there anyone in the group who used to “tip” the church (throwing a \$20 bill in the offering when it was an especially good service), but is now a “percentage giver” (giving a percentage of each paycheck to the church)? What inspired you to make this transition? How has this disciplined giving changed the way you view money and possessions?

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Dave mentioned how the Bible teaches that men are called to lead in their homes. Yet, this does not give men license to be domineering. Instead, it challenges men to lead like Jesus who said, *"For even the Son of Man did not come to be served, but to serve . . ."* — Mark 10:45 (NIV) And Jesus' actions like washing his disciples feet spoke louder than his words (see John 13). Following the example of Jesus, men are called to be "servant leaders" in their homes.

\*\*\*4. Read over these ten aspects<sup>9</sup> of a "servant leader" and share with the group which you are doing well and which are areas of growth.

A "servant leader" . . .

- . . . accepts his role as the spiritual leader of his family.
- . . . says "I'm sorry" and "forgive me" when needed.
- . . . thanks his wife for doing everyday tasks like cooking and cleaning.
- . . . puts his family's dreams and desires ahead of his own.
- . . . gives practical instruction about life to his children.
- . . . follows through with commitments he makes to his family.
- . . . provides financially for his family.
- . . . encourages his wife to pursue her personal interests.
- . . . looks for ways to serve his family instead of be served by them.
- . . . consults his wife on all major financial decisions and purchases.

5. During Session 2 Dave shared how the second Pillar of Manhood makes it possible to succeed in the other three pillars. How do you think "Engaging with God" would help you in the areas of growth you mentioned in Question 4?

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\*\*\*6. Dave told the story of a group of men led courageously in their community by confronting a gas station owner about selling pornographic magazines. What are some other ways that men (you?) could be a positive influence in their local communities?

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"It is not the critic who counts: not the man who points out how the strong man stumbles or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs and comes up short again and again, because there is no effort without error or shortcoming, but who knows the great enthusiasms, the great devotions, who spends himself for a worthy cause; who, at the best, knows, in the end, the triumph of high achievement, and who, at the worst, if he fails, at least he fails while daring greatly, so that his place shall never be with those cold and timid souls who knew neither victory nor defeat."

**Teddy Roosevelt**<sup>10</sup>

*Because the last two small group sessions will look a lot different than the first four, we thought it would be a great time to review what we've learned so far. Reflect over the past four sessions as you answer the questions below.*

7. How has this small group experience impacted you as a man?

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8. Thinking about the four actions that make up a R.E.A.L. man, which is the area where you recognize growth is most needed in your life?

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**R.E.A.L. men plan ahead!** Session 5 of your small group will involve popcorn and a DVD. Turn to page 42 and read the Session Focus. Then look over the list of movies, and decide which one you'll watch the next time you'll meet. Be aware that some movies on that list are rated "R" for various reasons so make sure everyone is comfortable with the movie you select. And depending on the running time of the movie you choose, plan for this session of your small group to go longer than usual.





# R.E.A.L. MAN

Session Five: Lights, Camera, Action!



## Session Focus

R.E.A.L. men love movies! For this small group session, you will microwave some popcorn, gather 'round a TV, watch a "guy movie" from start to finish, and then answer a couple of questions surrounding how and when the main character was a R.E.A.L. man. No "chick flicks" allowed!

Recommendations: *Braveheart, Gladiator, We Were Soldiers, Saving Private Ryan, The Patriot, Rocky I, Cinderella Man, Miracle, Remember the Titans, Glory Road, Coach Carter, Antwone Fisher, High Noon, Shane, The Man from Snowy River, Flying Tigers, It's a Wonderful Life, The Family Man, Finding Forrester, Walk the Line, The Matrix.*



2. When where the lead character or other guys in the movie acting like R.E.A.L. men? When weren't they?

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Compare your experience watching the latest James Bond or Indiana Jones thriller with, say, going to a Bible study. The guaranteed success of each new release makes it clear — adventure is written into the heart of every man. And it's not just about having "fun." Adventure requires something of us, puts us to the test. Though we may fear the test, at the same time we yearn to be tested, to discover that we have what it takes . . . Every man wants to play the hero. Every man needs to know that he is powerful. Women didn't make *Braveheart* one of the best-selling films of the decade.

**John Eldredge**  
*Wild at Heart*<sup>11</sup>

**R.E.A.L. men plan ahead!** Session 6 of your small group is all about testosterone! Turn to page 46 and read the Session Focus. Then look over the list of activities, and decide which you'll do as a group. Then pick the date, time, and location.

# R.E.A.L. MAN

Session Six: The Great Outdoors



So yes, I am saying that an encounter with the natural world — the world God set us in — is essential for masculine initiation. I'm not saying that every man needs to fish and hunt. But yes — there are things to learn through nature, lessons that simply cannot be learned anywhere else. It might be out on the open sea. It might take place bicycling through farmlands. Does this mean that a man who loves the city cannot enter into masculine initiation and maturity? Not at all. C. S. Lewis was not an outdoorsman. He spent his days with books, in the academies of England. But I find it important that he felt his day was never complete without a walk outside. Not a fifty-mile backpacking trip. A walk in the woods. Time spent in the field. It's worth a try, and I'll guarantee God will meet you there, if you'll let him.

**John Eldredge**

*The Way of the Wild Heart*<sup>12</sup>

## Session Focus

R.E.A.L. men need nature! So you will spend most of this small group session out-of-doors. Pick an outside activity from the list below. You may want to stretch yourself and pick something you've never done before or choose something you love but rarely have time for — and do it as a group. Afterwards, find a nearby restaurant, grab a cup of coffee or a meal, and debrief about what you experienced.

**Suggested Activities:** You could do something high energy like: mountain-biking, paintball, basketball, skeet shooting, archery, horseback riding, water skiing, backpacking, hiking, scuba diving, snorkeling, snow skiing, snowboarding, snowmobiling, or ice skating. Or you could choose a relaxing activity like: going fishing, grilling burgers at the park, taking a walk in the woods, or spending an afternoon at the beach or on a pontoon boat.

**a r o u n d   t h e   r o o m**

1. What did this activity do to your masculine spirit?

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2. How did God meet you in your activity?

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## Supplemental Student Questions

### Session One — “ R ”

1. The first false pillar of manhood surrounds our athletic ability — society says you’re a man if you’re good at sports. Do you remember or currently see guys getting picked on for their poor performance on the playground, in gym class, or in JV or varsity sports? How do you think it made them feel?

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2. The second false pillar surrounds sexual conquest — society says you’re a man if you have success with the ladies. Are certain guys viewed more popular because of what they do with girls — specifically dating, kissing, or sexual activity? What do you think about that? Do you think it’s cool? Frustrating? Disgusting? Something else? Why?

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3. The third false pillar surrounds our economic success — society says, “He who dies with the most toys wins.” Do you find yourself feeling inferior to other guys who drive a newer car, wear more expensive clothes, or have the latest and greatest electronic gadget? Give an example.

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5. Read Genesis 3:1-6. The serpent was distorting the truth that God had revealed to Adam. His wife was being deceived. Yet, Adam remained silent, watching it all unfold. The first man who ever lived was passive and we have inherited this trait. What are some situations that guys (you?) tend to be passive in when it comes to peer pressure, when their peers do something that isn't consistent with who they are or who they want to be?

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7. Have you ever heard the saying, "You are what you eat"? The same is true with relationships: "You are who you hang out with." Why is it important to have friendships with other Christian guys as we go through school and into college?

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9. What are some specific ways you will reject passivity this week when it comes to the peer pressure situations you mentioned in Question 5?

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### **S e s s i o n   T h r e e   —   “ A ”**

2. Put your heads together as a small group and rank the six main responsibilities of a man that Dave mentioned — husband, worker, child of God, son, father, community member — in order from most to least important. Since “husband” and “father” don’t apply to you yet, share how the remaining four rank in your own life according to where you put most of your energy.

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7. As you get older work will become a bigger and bigger part of a man’s life. Some men are paycheck driven. Others are purpose driven. Both are valid motivations for men to go to work. Read over the following statements and look up their accompanying Bible verses. Which describe your current motivation for working which inspire a vision for your current job and future career?

- “Because I have to do it.” (see 2 Thessalonians 3:10)
- “Because I want to provide for my family.”  
(see 1 Timothy 5:8)
- “Because I want to have a certain standard of living.”  
(see Ecclesiastes 5:19)
- “Because I desire to accomplish something meaningful to me.” (see Ecclesiastes 2:24)
- “Because I seek to do something through my work that is helpful to others.” (see 1 Peter 4:10)

- “Because I want to have money I can give to the less fortunate.” (see Ephesians 4:28)
- “Because I want to give to my church so more people can encounter Jesus.” (see Proverbs 3:9)
- “Because it’s an opportunity to serve and glorify God through my work.” (see Colossians 3:23-24)

**S e s s i o n   F o u r   —   “ L ”**

3. Is there anyone in the group who is a “percentage giver” (giving a percentage of your allowance or paycheck to the church)? How has this disciplined giving changed the way you view money and possessions?

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4. Read over these nine aspects of a “servant leader” and share with the group which you are doing well and which are areas of growth.

A “servant leader” . . .

- . . . takes responsibility for his grades.
- . . . shows respect to authority figures (i.e., parents, teachers)
- . . . says “I’m sorry” and “forgive me” when needed.
- . . . thanks his parents for things most kids take for granted like food and shelter.
- . . . honors girls by not lusting after them or talking about them in a negative way
- . . . sticks up for those who are picked on at school.
- . . . does his chores without complaint.
- . . . eats lunch with the unpopular kid who usually sits all alone.
- . . . gives a percentage of his allowance or paycheck to the church.
- . . . keeps commitments he makes (e.g., to his friends, small group, teams, volunteering at church)

6. Dave told the story of a group of men led courageously in their community by confronting a gas station owner about selling pornographic magazines. What are some other ways that men (you?) could be a positive influence in their local communities (i.e., at school or in your neighborhood)?

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## Weekly Leader's Notes

### Session One

**Getting Started** — After some social time around the coffee pot and snack table, begin the group by reading through the Small Group Agreement and Session Format pages at the beginning of the Study Guide. This will help group members understand the values of the group and the flow of each session.

**Icebreaker** — Have fun with this question! It's designed to make everyone in the group feel at home and to get them talking. You should be the first to answer the question while others are thinking how to respond. It's not necessary to go around the circle in order. And be sure each guy states his name as well. (Nametags are a good idea!)

**Session Focus / Key Verse** — Read these so the group members know the focus for this session.

**Prayer** — Open the group with a short prayer.

**DVD** — Encourage each group member to jot down thoughts as they watch using the "Notes" section. Don't miss the fill-in-the-blanks!

**Discussion Questions** — There are two sections of discussion questions for every session. The first section is labeled "For Starters" — these questions are ice-breakers and are written to get everybody in the group talking. Each person doesn't have to answer each question but hopefully everyone will comment at least once in this section. Then there are the "Around the Room" questions. These get at the meat of the study.

**Shaded Box.** Ask someone in the group to read this shaded box. This will frame the discussion for the three "For Starters" questions.

**Question 1.** This question is designed to be non-threatening, getting the guys to talk about their childhood. Encourage men to be very specific in their answers. For example, what sport did they play? What position? How old were they? What was the name of the kid they picked on? Did any other kids pick on this kid too?

**Question 2.** Allow men to share as much as they feel comfortable with for this question. It can be a touchy subject. But it's meant to be a safe question as it'll be ancient history for most guys. And help men realize we all do stupid stuff we regret later in life. You may want to be the first to share in order to model the type of answer you're looking for. By the way, make sure each man knows he can define "sexually active" in his own way. Some may share when they lost their virginity. Others may share when they "got to second base" for the first time.

**Question 3.** If you want to have some fun, ask if any man had "car envy" when he pulled up to the house and saw what the other guys in the small group were driving.

**Question 4.** Each group member should state which of the three types of men they would have been in that situation: a passive, active "jerk," or R.E.A.L. man. In addition, have them comment on why they would have reacted that way. And make sure those who admit they would have been passive feel respected by the other group members.

**Question 5.** Read Genesis 3:1-6. If men are struggling with this question, ask it this way, "What activities do you tend to do instead of engaging in each of these relationships?" Hopefully, there will be a good variety of answers this question. Some will choose to talk about men in general while others will share autobiographically. Make sure all four categories are discussed: wife, kids, boss, and peers. If the group is stuck, here are some examples how men are passive regarding their home life:

- they choose to work long hours at the office instead of spending time at home
- they go down the basement or in the garage to work on their hobbies
- they zone out in front of the TV

**Question 6.** Some may simply be too tired after work. Others may blame their upbringing — their father was passive and they are their father's son. Although there is some validity to these reasons, a R.E.A.L. man must fight through his passive tendencies.

**Question 7.** Read Genesis 3:10. It's easy to build deep friendships when you're a kid because circumstances are in your favor. You're with your friends during school, playing with them from dinnertime to dusk, and having sleepovers on the weekends. And then if you go to college, roommates, parties, and study groups allow for many friendships. But after college, people move across the country to find jobs and create geographic distance from their network of friends. Then marriage and kids happen and free time goes out the window. All of these are legitimate reasons why many guys are isolated. In fact, by their mid-thirties, it is not uncommon for a man to identify his best friend as a friend from high school, many of whom they haven't spoken with in years. The reality is friendships won't just happen. You need to be a R.E.A.L. man and pursue them with others.

**Quotable Quote.** Ask someone in the group to read this quotation. This shaded box marks a change in the direction for the remaining discussion questions. The next question focuses on the key to rejecting passivity while the final two questions challenge men think of specific ways they will begin to act on the "R" of R.E.A.L. man.

**Question 8.** Andy Stanley provides crucial insight how Engaging with God is the key for us to Reject Passivity. He writes, "Sooner or later you'll discover that all the motivation in the world, by itself, is not enough to carry you across the finish line. All the principles, maxims, and strategies aren't enough [to reject passivity]. In addition to those things, you need power. You need enablement. You need help. What God has begun in you, only He can complete. You not only need His plan to direct you, you need His strength to empower you . . . You cannot transform your character in your own strength . . . To become a person of character [i.e., to reject passivity], you need the enabling power of the Holy Spirit. Living in your own strength is like pushing a car instead of driving it . . . The pursuit of character entails surrender to and dependency upon the Holy Spirit. The biblical terminology for this approach to life is walking according to the Spirit [see Galatians 5:16]. . . . *[By walking in the Spirit] character is produced through us; it is not manufactured by us.*"<sup>13</sup> We "walk by the Spirit" (a.k.a. "Sow to

the Spirit”) by engaging in the various Spiritual Disciplines: Bible study, prayer, fasting, worship, service, etc. Richard Foster clarifies what doing these things accomplishes. He writes, “A farmer is helpless to grow grain; all he can do is provide the right conditions for the growing of grain. He cultivates the ground, he plants the seed, he waters the plants, and then the natural forces of the earth take over and up comes the grain. This is the way it is with the Spiritual Disciplines — they are a way of sowing to the Spirit. The disciplines are God’s way of getting us into the ground; they put us where he can work and transform us. By themselves they can do nothing; they can only get us to the place where something can be done.”<sup>14</sup> By “sowing to the Spirit” we put ourselves in a place where God can transform us, giving us the strength to Reject Passivity.

**Question 9.** Rejecting passivity at home may be as easy as turning off the TV for an hour a night and asking your wife, “How was your day?” It may be playing with your kids or helping them with their homework. At work, you may want to talk to your boss about something that has been bugging you. Just make sure you do this in a respectful way. Whatever you do, remember that Rome wasn’t built in a day. So just take one “baby step” this week.

**Question 10.** Becoming true friends with someone won’t happen overnight. Friendships are built over time. The key is to be intentional. Make a resolution to begin meeting regularly with one or two other guys. Figure out what “regularly” looks like with your schedule. And see what God does. By the way, don’t be discouraged if you pursue friendship with someone and he shoots you down. It is intimidating for men to go deeper than being acquaintances. If you hit one dead end, don’t give up.

**Prayer and Praise Report.** You may want to end this session by reviewing the "Prayer and Praise Report" in this Study Guide. This is a tool your group members can use to track prayer requests people make. Each member should use it as a reminder to pray during the week and then celebrate what God is doing in responding to those requests. You can model a brief prayer request by asking God to help you apply something he impressed on your heart during the session.

**Before You Leave** — Look at the "Small Group Calendar." Healthy groups share responsibilities and group ownership. Fill out the calendar together, at least for the next session, noting where you will meet each time, who will facilitate, and who will provide a meal or snack. Note special events, socials, or days off as well.

Also, start collecting basic information like phone numbers and e-mail addresses. The "Group Roster" in the back of the Study Guide is a good place to keep this information. Pass one or all of the study guides in a circle to ensure everyone gets the information firsthand.

Point out the "Action Step" and encourage each person to work on it during the week.

Finally, turn to the "Recommended Reading" in the back of this Study Guide and spend a few minutes looking over the books listed there.

## Weekly Leader's Notes

### Session Two

**Getting Started** — After some social time around the coffee pot and snack table, begin the small group.

**Session Focus / Key Verse** — Read these so the group members know the focus for this session.

**Prayer** — Open the group with a short prayer.

**DVD** — Encourage each group member to jot down thoughts as they watch using the “Notes” section. Don’t miss the fill-in-the-blanks!

**Question 1.** This question is an “icebreaker” so encourage every person to comment. People can share their personal feelings but make sure this question does not become a “bashing session” on a certain Christian denomination or church. This can occur especially if multiple group members grew up in the same denomination and have similar personal baggage from their experiences.

**Question 2.** If guys are struggling with this question, here are some ideas to get discussion started: We should thank God for having two eyes that allow us to see, two legs that allow us to walk, a job that pays the bills, a roof over our head, etc. We often focus on what we don’t have instead of being thankful for what we do have.

**Shaded Box.** Ask someone in the group to read this shaded box.

**Question 3.** This question does not mean if you work 40 hours a week, then you need to Engage with God for at least 41 hours a week if you are truly seeking God “first.” It’s not about the number of hours you dedicate to God; it’s about your heart. Guide the group members to think about how they spend their free time (when they aren’t working or preparing meals or helping kids with homework). An example, of seeking something else “first” is when you choose to watch a two-hour program on TV but then say, “I didn’t have any time to read my Bible today.”

**Question 4.** This question was not written to make anyone feel guilty but to inspire them to Engage with God more than they currently do. Men need to share why they chose the number they did. Saying, "I'm at a '3' right now" isn't good enough. And don't allow a rabbit trail where men give 101 reasons why reading the Bible for an hour each day is impossible. Stick to the question — what would it do for you spiritually if you did this? How would it impact your marriage? Your relationship with your kids? Your work ethic? Your TV viewing?

**Question 5.** This question is similar to Question 4. One word answers are not acceptable. Get to the reason why men don't pray. Is it:

- a theological reason (e.g., "If God is all powerful, then why does he need my prayers?")
- a concentration issue (e.g., "My mind wanders every time I try to pray.")
- a discouragement issue ("God hasn't answered my prayers in the past so why do it?")
- something else altogether?

**Question 6.** "Inside the box" answers include: going to church, listening to a worship CD, fasting from food, spending time in silence and solitude. "Outside the box" answers include: volunteering at a soup kitchen, spending time outdoors, hanging out with friends. Men will answer differently depending how God wired them up.

**Question 7.** The most common answer will probably be "TV watching." If people can't imagine life without TV altogether, encourage them to limit their TV viewing to, say, one hour per night so they can still watch their favorite programs. Set a timer if you need to! Do whatever it takes to turn it off and not channel surf for hours on end. If you're like the average American who watches four hours of TV each night, that means you would have three additional hours to give to God each and every day! Richard Foster writes, "Shun anything that distracts you from seeking first the kingdom of God. It is so easy to lose focus in the pursuit of legitimate, even good things. Job, position, status, family,

friends, security — these and many more can all too quickly become the center of attention . . . May God give you — and me — the courage, the wisdom, the strength, always to hold the kingdom of God as the number-one priority of our lives. To do so is to live in simplicity.”<sup>15</sup>

**Question 8.** “Consecrated” simply means “dedicated.” This question is intended to inspire men to become all they can be and not settle for a lukewarm faith.

**Quotable Quote.** Ask someone in the group to read this quotation. Allow guys to comment on it.

**Prayer and Praise Report.** You may want to end this session by reviewing the “Prayer and Praise Report.” Review the prayer requests from last week and ask if each person who asked for prayer has an update. Ask if any other group member has a prayer request or praise to share.

**Before You Leave** — Review the “Small Group Calendar.” Verify where you will meet next session, who will facilitate, and who will provide a meal or snack. Point out the “Action Step” and encourage each person to work on it during the week. And take a few moments to review the Recommended Reading in the back of this Study Guide to help men learn how to engage with God.

## Weekly Leader's Notes

### Session Three

**Getting Started** — After some social time around the coffee pot and snack table, begin the small group.

**Session Focus / Key Verse** — Read these so the group members know the focus for this session.

**Prayer** — Open the group with a short prayer.

**DVD** — Encourage each group member to jot down thoughts as they watch using the "Notes" section. Don't miss the fill-in-the-blanks!

**Question 1.** Have fun with this question! It's an "icebreaker" so encourage every person to comment. Some follow up questions, "How much money did you make per hour with your first job?" and "Which job did you hate the most?"

**Question 2.** Note: "Child of God" is the responsibility of working on and living out your relationship with God. Most groups will probably come up with this order: 1) child of God; 2) husband; 3) father; 4) worker; 5) son; 6) community member. They may swap #4 with #5 or #5 with #6. #4 through #6 are open for debate while #1 through #3 are non-negotiable. Our relationship with God should be paramount. Our spouse is the most important relationship we have with another human being — more than our relationship with our parents or even our children.

**Question 3.** Answers may include watching TV or a hobby or a buddy. Ask where they would rank this person or thing in the list they generated in Question 2.

**Question 4.** Remind members that this small group is a safe place to share honestly. There is no need to act more spiritual than you really are at the moment. Everyone goes through a valley every once in a while. And this valley experience may last a few months or even years. In contrast, peak experiences are few and far between.

**Question 5.** We can serve our “neighbor” at home by helping our wives with roles that aren’t normally ours. For example, you could serve your wife by helping with meal preparation, doing the dishes, or a load of laundry. You could serve your kids by going to their sporting events, taking them shopping, or just playing with them.

**Question 6.** We can honor our parents (or grandparents) by calling them on the phone on a regular basis, taking them out to breakfast, or stopping by their house for a visit. Parents simply love spending time with their grown children and all it costs us is time.

**Question 7.** Since there will be varying degrees of Bible literacy in your group, and we don’t want anyone to feel uncomfortable if they can’t flip right to a book like Romans, begin this question by showing everyone in the group how to look up a book in the Bible using the Alphabetical Table of Contents in the front of their Bible. Then assign one verse to each guy in the group.

**Quotable Quote.** Ask someone in the group to read this quotation. Allow guys to comment on it.

**Prayer and Praise Report.** You may want to end this session by reviewing the “Prayer and Praise Report.” Review the prayer requests from last week and ask if each person who asked for prayer has an update. Ask if any other group member has a prayer request or praise to share.

**Before You Leave** — Review the “Small Group Calendar.” Verify where you will meet next session, who will facilitate, and who will provide a meal or snack. While you’re in the back of the Study Guide, flip to the “Recommended Reading.” And then flip back to this session and point out the “Action Step” and encourage each person to work on it during the week.

## Weekly Leader's Notes

### Session Four

**Getting Started** — After some social time around the coffee pot and snack table, begin the small group.

**Session Focus / Key Verse** — Read these so the group members know the focus for this session.

**Prayer** — Open the group with a short prayer.

**DVD** — Encourage each group member to jot down thoughts as they watch using the "Notes" section. Don't miss the fill-in-the-blanks!

**Question 1.** Movies based on true stories of men who led courageously include William Wallace (*Braveheart*), Dick Winters (*Band of Brothers*), Hal Moore (*We Were Soldiers*) and Jim Braddock (*Cinderella Man*). Men of history who led courageously (whether it was leading a nation, a church, a moral crusade, or a cause) include Winston Churchill, Martin Luther, Franklin Delano Roosevelt, Jim Elliot, Billy Graham, James Dobson, and Bill Hybels. Other men they may mention include their old high school coach, a friend of the family, or their dad.

**Question 2.** People can share their personal feelings and name names but make sure this question does not become a "bashing session" on a certain TV preacher, Christian denomination, or church. This can occur especially if multiple group members have similar personal baggage from their experiences.

**Question 3.** Make sure those who aren't "percentage givers" don't feel guilty. We're all at different places on our spiritual journey.

**Shaded Box.** Ask someone in the group to read this shaded box. This will frame the discussion for the next question.

**Question 4.** To help men answer this question, have them read through the list using the following system:

A double plus (++) means they are doing very well in this area.

A single plus (+) means they are doing ok.

A single minus (-) means they aren't great at this.

A double minus (--) means they are very poor in this area.

Put one of these four markings next to each of the ten areas and then share which are their ++'s and --'s.

**Question 5.** This question is similar to Question 8 from Session One so turn to those "Weekly Leader Notes" and read the notes for that question, replacing "Rejects Passivity" with "Leads Courageously." The bottom line is this — only God can change us. He is our power source and we need to "plug into" him so his power can flow through us. We connect to God through engaging in the various Spiritual Disciplines (e.g., Bible reading, prayer, worship) and Spiritual Pathways (e.g., Naturalist, Intellectual, Activist).

**Question 6.** There are a number of things men could do to lead courageously in their community:

- Coach a youth sports team
- Be a chaperone at high school dances or spring break trips
- Become a "big brother" to a boy in your neighborhood who doesn't have a dad
- Volunteer at your church on Sunday mornings
- Give your time to an inner city rescue mission
- Lead a small group Bible study in your home
- Open up your home/backyard to kids in the neighborhood providing a safe place to play, etc.

**Question 7.** This question marks a shift in the discussion. We are done talking specifically about "Leading Courageously" and are now switching our focus to reviewing the past four sessions. Before

answering this question group members can flip through their Study Guide to refresh their memories. Treat this question similar to the Icebreaker in Session One. The Host should be the first to answer the question. Give each a chance to share because it's an opportunity for all to see what God has done in each man. It's not necessary to go around the circle in order.

**Question 8.** As each person shares be sure to encourage him that change is possible. You may want to spend some time in group prayer, praying for each man in his area of challenge and thanking God for the life change that has happened as shared in Question 7.

**Quotable Quote.** Ask someone in the group to read this quotation. Allow guys to comment on it.

**Prayer and Praise Report.** You may want to end this session by reviewing the "Prayer and Praise Report." Review the prayer requests from last week and ask if each person who asked for prayer has an update. Ask if any other group member has a prayer request or praise to share.

**R.E.A.L. men plan ahead!** Session 5 of your small group will involve popcorn and a DVD. Turn to page 42 and read the Session Focus. Then look over the list of movies, and decide which one you'll watch the next time you'll meet. Be aware that some movies on that list are rated "R" for various reasons so make sure everyone is comfortable with the movie you select. And depending on the running time of the movie you choose, plan for this session of your small group to go longer than usual.

## Small Group Roster

**Name** \_\_\_\_\_

Phone \_\_\_\_\_

eMail \_\_\_\_\_

\_\_\_\_\_

**Name** \_\_\_\_\_

Phone \_\_\_\_\_

eMail \_\_\_\_\_

## Prayer & Praise Report

**Date** \_\_\_\_\_

Prayer Request \_\_\_\_\_

Praise Report \_\_\_\_\_

# Small Group Calendar

Healthy groups share responsibility and group ownership. Use this calendar to keep track of when and where you will meet each session, who will facilitate, and who will provide a meal or snack. Complete this calendar at your first or second meeting. Planning ahead will increase attendance and shared ownership.

## Session 1

Date/Time

Lesson

Location

Facilitator

Snack / Meal

## Session 2

Date/Time

Lesson

Location

Facilitator

Snack / Meal

## Session 3

Date/Time

Lesson

Location

Facilitator

Snack / Meal

## Session 4

Date/Time

Lesson

Location

Facilitator

Snack / Meal

## Session 5

Date/Time

Lesson

Location

Facilitator

Snack / Meal

## Session 6

Date/Time

Lesson

Location

Facilitator

Snack / Meal

## Recommended Reading

### General Titles

***Season of Life* — Jeffrey Marx** (ISBN: 0743269748)

A football star, a boy, a journey to manhood. A New York Times bestseller, *Season of Life* is an inspirational story of Joe Ehrmann, former NFL football star. Ehrmann is serious about the game of football but even more serious about the purpose of life. Written by Pulitzer Prize winning journalist Jeffrey Marx, who was a bellboy for the Baltimore Colts when he met Ehrmann.

***Wild at Heart* — John Eldredge** (ISBN: 0785268839)

Little boys live a life of adventure and dream of being the hero. Sadly, as boys become men they abandon those dreams and become civilized. To compound the problem as they attend church, they hear that being a “really nice guy” is what really matters. B-o-r-i-n-g! Eldredge gives men permission to be what God designed them to be — men who are wild at heart!

***Raising a Modern Day Knight* — Robert Lewis** (ISBN: 1561797162)

What does it mean to be a man? Moreover, how do you as a father instill that notion in your son? This book will show how you can confidently guide your son to authentic, biblical manhood. You have what it takes to do this!

## Session 1: Rejects Passivity

### ***The Silence of Adam* — Larry Crabb** (ISBN: 0310219396)

Become a man of courage in a world of chaos. In this book you'll explore three things: manhood's lost vision - the problems of masculine community - the power of mentoring relationships. And it summons men beyond their paralyzing fear of failure to bold risk-taking, action, deep spirituality, and full-hearted living.

## Session 2: Engages with God

### ***The Life You've Always Wanted* — John Ortberg** (ISBN: 0310246954)

John Ortberg provides a look at "Spiritual Disciplines for ordinary people" — those of us with jobs, families, and hobbies. Learn how to become "great" in your walk with Jesus by engaging in the practices Christians have been doing for 2,000 years to connect with God.

### ***Prayer* — Philip Yancey** (ISBN: 0310271053)

In this must-read book, Yancey explores questions including: Is God listening? Why do so many prayers go unanswered? Why does God let the world go on as it does and not intervene? Does prayer really help with physical healing? Why does God seem sometimes close and sometimes far away? Does prayer change God or change me or both? How can I make prayer more satisfying?

### ***How to Read the Bible for All It's Worth* — Fee & Stewart**

(ISBN: 0310246040)

Understanding the Bible isn't for the few, the gifted, the scholarly. The Bible is accessible. It's meant to be read and comprehended by everyone from armchair readers to seminary students. A few essential insights into the Bible can clear up a lot of misconceptions and help you grasp the meaning of Scripture and its application to your 21st-century life.

### **S e s s i o n 3 : A c c e p t s R e s p o n s i b i l i t y**

#### ***Total Money Makeover* — Dave Ramsey** (ISBN: 1576737802)

Best-selling author and talk-show radio host Dave Ramsey offers a biblically based, no-nonsense approach to money matters. Ramsey reveals the illusions and downright deceptions of the American Dream, which encourages nothing but overspending and massive amounts of debt. In his candid style Dave declares, “Don’t even consider keeping up with the Joneses . . . because they’re broke!”

#### ***For Men Only* — Jeff & Shaunti Feldhahn** (ISBN: 1590525728)

Do you think women are complicated and impossible to understand? Have you given up trying to “get” the woman in your life? If so, you are in for a pleasant eye-opener: she can be understood. Even better, you can make her happy . . . which will make you happy.

### **S e s s i o n 4 : L e a d s C o u r a g e o u s l y**

#### ***Rocking the Roles* — Robert Lewis** (ISBN: 1576831256)

Ozzie and Harriet are gone. And with them, the idea that the traditional marriage is the only right way. Yet, today’s couples are also discovering that the “roleless” marriage in which everything is equal, with no distinction between male and female, isn’t all that satisfying either. *Rocking the Roles* examines what the Bible really has to say about the male and female roles. A far cry from the restrictions of the traditional marriage or the formlessness of modern marriage, this approach offers a perfect blend of structure and equality, balance and beauty.



- 1 These three false pillars were inspired by a conversation between author Jeffrey Marx and Joe Ehrmann, a former NFL football player, found in: *Jeffrey Marx, Season of Life*, (New York: NY: Simon & Schuster, 2003), 70-73.
- 2 Alan Loy McGinnis, *The Friendship Factor*, (Minneapolis, MN: Augsburg Press, 1979), 11.
- 3 Larry Crabb, *The Silence of Adam*, (Grand Rapids, MI: Zondervan, 1995), 12.
- 4 Quoted in *The Silence of Adam*, 30.
- 5 Frank Laubach, *The Game with Minutes*; available from [http://www.ismckenzie.com/images/The\\_Game\\_With\\_Minutes.pdf](http://www.ismckenzie.com/images/The_Game_With_Minutes.pdf); accessed 14 September 2006.
- 6 Scot McKnight, *The Jesus Creed*, (Brewster, MA: Paraclete Press, 2004), 55.
- 7 This question was inspired by Robert Lewis, *Men's Fraternity: Authentic Manhood*, (Nashville, TN: LifeWay Press, 2006), 63.
- 8 Jeffrey Marx, *Season of Life*, (New York, NY: Simon & Schuster, 2003), 53.
- 9 These ten aspects were inspired by Robert Lewis and William Hendricks, *Rocking the Roles*, revised and updated, (Colorado Springs, CO: NavPress, 1991), 69-72.
- 10 "Citizenship in a Republic," Speech at the Sorbonne, Paris, April 23, 1910.
- 11 John Eldredge, *Wild At Heart*, (Nashville, TN: Thomas Nelson Publishers, Inc. 2001), 13-14, 11.
- 12 John Eldredge, *The Way of the Wild Heart*, (Nashville, TN: Thomas Nelson, Inc., 2006), 103.
- 13 Andy Stanley, *Louder Than Words*, (Sisters, OR: Multnomah Publishers, Inc., 2004), 167, 172, 173.
- 14 Richard Foster, *Celebration of Discipline*, (New York, NY: HarperCollins, 1998), 7.
- 15 *Celebration of Discipline*, 95.







