

**men**  
AT GRACE

# AUTHENTIC MANHOOD



*participant* **GUIDE**







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# SESSION ONE

## Creation and Definition of Manhood

**\*\*Be sure to watch the Band of Brothers movie clip before beginning the teaching session.**

### Genesis 1

- God created male and female in the \_\_\_\_\_ of God.
- They have \_\_\_\_\_ value, yet there are \_\_\_\_\_ things about each gender.

### Genesis 2

- The requirement of man is to make the unfruitful \_\_\_\_\_.

### Genesis 3

- Adam is \_\_\_\_\_ and \_\_\_\_\_ at the same time.
- He should step \_\_\_\_\_ and offer something and instead he steps \_\_\_\_\_ and leaves a \_\_\_\_\_. He is \_\_\_\_\_.
- After sinning, Adam becomes \_\_\_\_\_.
- Both passivity and self-reliance are forms of \_\_\_\_\_.

## INDEPENDENCE

**PASSIVE**

**SELF-RELIANT**

### 3 GOALS

1. Address the \_\_\_\_\_.
  2. Define authentic manhood for the \_\_\_\_\_.
- Redeemed Masculinity
    - » Being \_\_\_\_\_ the people and situations that God brings into our lives.



3. Create and envision authentic manhood for the \_\_\_\_\_.



## DISCUSSION QUESTIONS

1. How have you seen passivity and self-reliance on display in men in our culture?

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2. In what ways do you personally struggle with passivity and self-reliance?

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3. What is the next step you will take as a result of hearing this teaching?

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# Session One Action Steps

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## MOVE IDEA: A 10 MINUTE ACTION STEP

Reread Genesis 1 and 2. Ask God to show you an area where you need to do a better job of being “responsible for.” What is that area? What is one step you can take this week? Be prepared to share your step, what you did, and what happened after you did it, with the group next week.

## MOVE IDEA: A 20-30 MINUTE ACTION STEP

Have a 10-minute conversation with your wife (or, if you’re not married, someone who knows you well) and ask the following questions:

- 1. Where have you seen me demonstrate responsibility in such a way that you were encouraged?
- 2. Is there an area of my life where you feel like I’m not doing a great job taking responsibility?
- 3. Where have you seen me be absent and not exercise responsibility? Where have I been present, yet passive and not responsible?

Based on what you heard, what is one step you’ll take to be more “responsible for” those God has entrusted to you this week?

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If you have kids, have a 10-minute conversation with them and ask the following questions:

- 1. What is one thing that you like about how I interact with you?
- 2. What is one thing you would change about the way I interact with you?

Based on what you heard, what is one step you’ll take with your kids this week?

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## MOVE IDEA: A 60 MINUTE ACTION STEP

Between now and our next session, take some time to examine yourself using the Present/Absent Audit. Review each category and the three questions, and then share your results with someone in your group.

PRESENT / ABSENT AUDIT			
Categories	What am I responsible for in this area?	Who am I responsible for?	Where have I been absent and not exercised responsibility? Where have I been present, yet passive and not responsible?
<b>WOMEN</b> Wife, mom, woman			
<b>FAMILY</b> Kids			
<b>WORK</b> Coworkers, role, boss, employees			
<b>SOUL</b> (Think hobbies, rest, things you do outside of work)			
<b>MINISTRY</b> Serving others			
<b>OTHER:</b> _____			



# SESSION TWO

## Effects of the Fall: Fear, Shame, and Frustration

### Session Two Notes

**Authenticity** = True masculinity is a kind of masculinity that is not driven by \_\_\_\_\_.

**Redeemed Masculinity** = \_\_\_\_\_ the people and situations that God brings into his life.

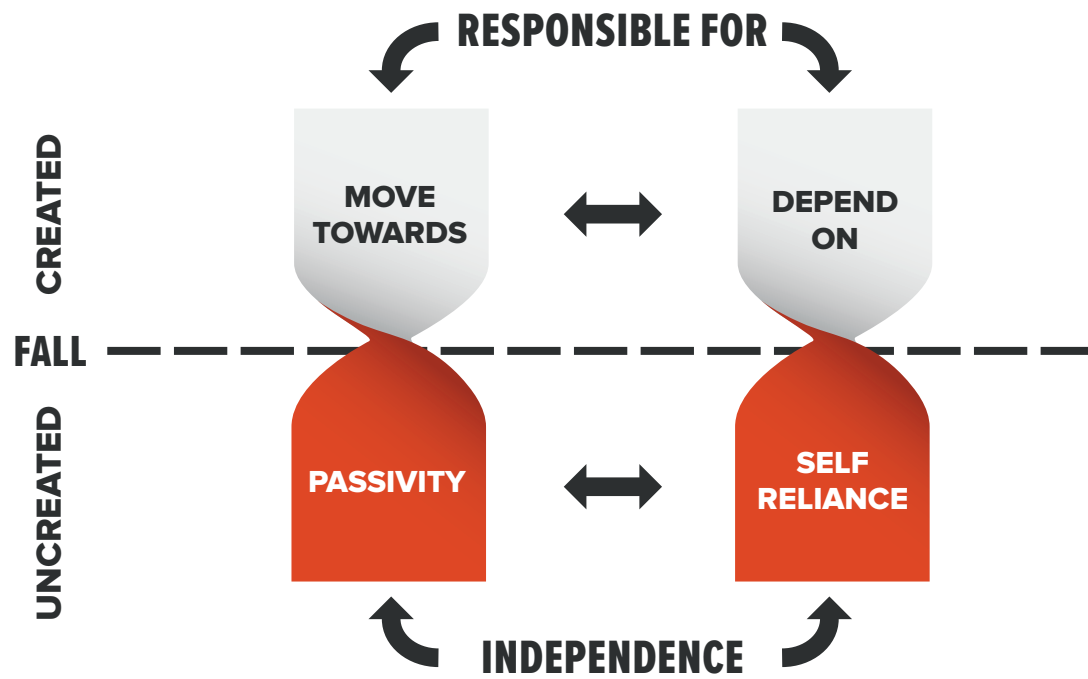
- Everything that happens is not your \_\_\_\_\_, but everything that happens is your \_\_\_\_\_.



### INDEPENDENCE

PASSIVE	SELF-RELIANT
I'M PASSIVE IN AREAS WHERE I FEEL INADEQUATE OR OVERWHELMED; I HIDE WHEN I FEEL INADEQUATE TO ENGAGE	I'M SELF-RELIANT WHEN I FEEL I HAVE THINGS UNDER CONTROL, NO NEED TO DEPEND ON GOD





## EFFECTS OF THE FALL

### Guilt

- Prior to sin, Adam and Eve were \_\_\_\_\_. After sin, they were in a state of \_\_\_\_\_.

### Shame

- You cannot be connected to other \_\_\_\_\_ and connected to \_\_\_\_\_ until you uncover your shame.

### Fear

- If you allow \_\_\_\_\_ to overwhelm you, and then you live your life in \_\_\_\_\_, you are going to become progressively alone and isolated.

### Frustration

- God imposes \_\_\_\_\_ because we need to be \_\_\_\_\_.

Only God can cover our guilt and shame so that we do not need to live in fear.



**DISCUSSION QUESTIONS**

1. A man’s core issue is that he wants to live independently from God. Where have you seen this play out in your life?

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2. What is something that stood out to you from the teaching? Why do you think this is important for you to hear?

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3. What is the next step you will take as a result of hearing this teaching?

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## Session Two Action Steps

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### MOVE IDEA: A 10 MINUTE ACTION STEP

Reread Genesis 3. Ask God to show you an area in your life where you have been passive, self-reliant, and operated independently of him. Is there anything you have been holding back that is causing you to live in shame? You can find shame in your life by asking the question, “What is it that I want to hide?” After you’re finished, decide one step you can take this week to move towards people and situations in your life and depend on God for wisdom and strength. Be prepared to share your step, what you did, and what happened, with the group next week.

### MOVE IDEA: A 20-30 MINUTE ACTION STEP

1. Take some time to review each of the situations listed in the **Shame Case Studies** (on the following pages) and circle the ones that you most identify with.
2. Choose one of the situations you circled and write a prayer to the Lord telling him how you feel about that situation.
3. When finished, write out one step you can take towards addressing this area of shame and set a target date to accomplish it before the next session.
4. Be prepared to share your step, what you did, and what happened, with the group next week.

### MOVE IDEA: A 60 MINUTE ACTION STEP

Between now and the next session, take some time to examine yourself using the Present/Absent Audit from Session 1. Review each category and questions and then share your results with someone in your group.

### FEAR

1. What are some things you are afraid of or worried about? List even minor things so that you have some things to think about.
2. Is there anything that you should be doing or would like to do but have not because you are afraid of how it will turn out?
3. Write a prayer confessing what you think and feel to God and asking him to help you move forward.



4. Write a description of what would change in your life if you really believed God would answer that prayer.

5. What is one step you could take this week to deal with these fears in a more godly way?

## SHAME

Take some time to review each of the situations listed in the **Shame Case Studies** (on the following pages) and circle the ones that you most identify with.

1. Is there anything that you should be doing or would like to do that you aren't doing because you feel stuck in shame?

2. Write a prayer to the Lord telling him how you feel about the shame in your life and how you would like him to help you.

3. Write a description of what would change in your life if you really believed that God would answer that prayer.

## FRUSTRATION

1. What are some things that frustrate you right now? Make a short list.

2. Circle the ones that affect you on a daily or weekly basis.

3. Put an "X" beside ones that cause you to react with anger, sadness, or bitterness.



4. What are some of the reasons you might react that way to these situations?

5. Write a prayer confessing what you think and feel to God, and ask him to help you move forward.

6. Write a description of what would change in your life if you really believed God would answer that prayer.

7. What is one step you can take this week to deal with these frustrations in a more godly way?

8. Based on everything you have thought about, write out one step you will take and schedule time to accomplish it before the next session. Be prepared to share your step, what you did, and what happened, with the group next week.

Based on the teaching, think of your life as having two sides—a **“responsible for”** side and an **“independence”** side. Then, work through the questions below and share your results with someone in your group.

1. Which side do you tend to find yourself on?

2. Think about the Present/Absent Audit in Session One Homework and the work you have done. As you review each category, what insights did you gain?

3. Name the moments in your day/week where you can identify the **“responsible for”** side response and/or the **“independence”** side response of your life and how you have operated in different situations.

4. What are the motivations that drive your **“responsible for”** side and **“independence”** side?



## Session Two: Shame Case Studies

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Please take some time to review these scenarios. Which of these do you most relate to? Why?

### **Situation 1**

I don't like to talk about problems. I've always heard "don't air your dirty laundry." What is the benefit in talking about this stuff? It just makes me feel worse.

### **Situation 2**

I struggle with anger. I lash out at the people I love the most and take out my frustrations on my family. I can't seem to stop wounding others with my words. I have failed so many times, I feel stuck. Sometimes I don't want to even talk about it anymore because things never change. I feel powerless in this area of my life.

### **Situation 3**

I don't have one big event in my life that I feel shame about, just a bunch of little things. I'm not a victim of abuse, but I have shame about hurts from my childhood. I'm not severely overweight or underweight, but I have shame about my body. I have shame about my sexual past even though others might not think my experiences were a big deal. I'm embarrassed that my life hasn't been as bad as others, so I don't think my shame is big enough to share, but it does affect me.

### **Situation 4**

The voice of shame is more recognizable to me than my own voice. I see myself as a loser, a failure, a terrible person, unredeemable. If people knew the truth about me, I don't think anyone would forgive me. I can't forgive myself, and I can't imagine why God would want to forgive me.

### **Situation 5**

There is not one person in my life who knows the real me. I have never been part of authentic community. My relationships are superficial, and I'm more comfortable that way. I cannot imagine letting someone know my deepest darkest secrets. I don't know of anyone I could be truly vulnerable with.

### **Situation 6**

I'm extremely ashamed of how I feel about myself as a father. I thought things would come more naturally to me, but I hate it. Nothing is going the way I expected. No one cares about me or celebrates me. I don't know how much longer I can live like this.

### **Situation 7**

I feel like everything is a competition and I am pedaling as hard as I can just to keep up. I look around and see my friends' great marriages, great kids, great vacations, cars, and houses, and my life seems completely inferior.

### **Situation 8**

I'm a people-pleaser because of my shame-driven fear that no one will like me. I work very hard to get approval from others. I try to earn their love and acceptance, but I never feel secure in my position. The desire to be liked controls my life.



**Situation 9**

I'm a perfectionist. I can't relax if something isn't done right. I have extremely high standards for myself. Underneath my constant activity is the fear that I am not good enough if I am not perfect. I feel proud when things go well, but I have a nagging fear at all times that I might mess up.

**Situation 10**

My shame involves a taboo topic (pornography, rape, sexual abuse, abortion, same sex attraction, sexual sin, etc.). I don't know anyone else who is dealing with this area of shame and I feel completely alone. I don't think I could even bring it up to the group because no one would ever see me the same way again.

**Situation 11**

My shame involves humiliation because of someone else's actions toward me (abusive spouse/parents, rape, childhood bullying, gossip/slander). This has robbed me of having a normal life, and I feel angry and resentful and sad about that. Even though it was not my fault, I blame myself for not knowing what to do at the time. I don't know how to move forward.

**Situation 12**

I don't have a lot of patience when I'm listening to others. I can easily see where their decisions or actions went wrong, and sometimes I am too quick to offer insights instead of empathy. It's uncomfortable for me to try to listen to someone without trying to fix the problem.

**Situation 13**

I feel like my shame is branded onto my forehead because of my status as (divorced, not college educated, unmarried, single parent, dealing with addiction, etc.). It's the first thing people notice about me and people make judgments about it instantly. How can I get out from under the weight of this blanket of shame?

**Situation 14**

There are times when my shame feels too heavy to bear and suicide feels like it would be a relief. I don't want to keep living like this.

**Situation 15**

My shame is named Anxiety. I am crippled by fears of what might happen and what might go wrong. I don't sleep well because of playing out scenarios in my mind, and I often have a nervous feeling in my stomach that something bad is about to happen. I try hard to control everything I possibly can, but I know this is not a healthy way to live. How can I find peace?



# SESSION THREE

## Sexuality Wound

There is an absence of \_\_\_\_\_ men in the church and in the home.

### INDEPENDENCE

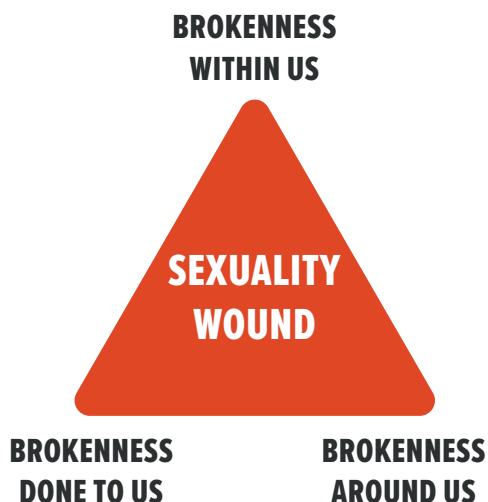


At the intersection of *moving towards* and *depending on* is \_\_\_\_\_.

### WOUNDS

Every man has shaping \_\_\_\_\_ and shaping \_\_\_\_\_ in our story that have left an imprint on us.

Sex is never \_\_\_\_\_. It can be a powerful \_\_\_\_\_ or a powerful \_\_\_\_\_.



In order to be spiritually powerful men, you have to be \_\_\_\_\_ of your \_\_\_\_\_.



### What does God have to do with sex?

- God created \_\_\_\_\_ and it is \_\_\_\_\_.
- As the \_\_\_\_\_ of sex, God gets to decide \_\_\_\_\_ it is used for our good.
- God created sex to build \_\_\_\_\_ in the exclusive commitment of \_\_\_\_\_ between man and woman.

### 2 Samuel 13:1-20

- Sexual sin is usually an attempt to meet a deeper \_\_\_\_\_ than sex can actually \_\_\_\_\_.
- Sexual sin is never \_\_\_\_\_.

### Application

1. Engage your sexuality \_\_\_\_\_ and your sexuality \_\_\_\_\_.
  - **Goal:** Create \_\_\_\_\_.
2. Flee sexual \_\_\_\_\_.
  - **Goal:** Fight the battle before the battle.
3. \_\_\_\_\_ your masculine \_\_\_\_\_ on what you are \_\_\_\_\_ for.
  - **Goal:** Determine the three people you are most responsible for right now as a man.
4. You have to learn how to articulate your sexual \_\_\_\_\_ to your \_\_\_\_\_.
  - **Goal:** Lead your wife in such a way that she can \_\_\_\_\_ you.



**DISCUSSION QUESTIONS**

1. Where have you seen your sexual energy corrupted?

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2. How have your experiences with sex and sexual brokenness from childhood through adulthood shaped you as a man?

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3. Can you think of a situation where you have seen the absence of powerful men in the church or in the home? How has that impacted you or how do you think it would impact you?

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4. What insights did you get from working through any of the Action Steps last week?

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## Session Three Action Steps

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### MOVE IDEA: A 10 MINUTE ACTION STEP

Take time this week to read Psalm 51:1-4. Confess your need for the Lord and share with him any sin that may be causing brokenness between you and him. Confess to another believer. Text them immediately and say, “I have something I need to confess.” Confess fully: “this is what I’ve done.” If you are on the receiving end of a confession, listen, pray, and offer to seek help.

After you have spoken to someone, what is one additional step you can take this week? Be prepared to share your step, what you did, and what happened, with your group next week.

### MOVE IDEA: A 20-30 MINUTE ACTION STEP

David’s example teaches us that we should deploy our energy in the areas God has made us responsible for—like a king would deploy his troops on the battlefield. David chose to misuse his power towards Bathsheba instead of leading, and this caused his energy to be mismanaged. Commit to stewarding your energy wisely by setting goals and creating action steps to accomplish them.

1. How will you choose to deploy your energy in the areas God has made you responsible for?

2. Hebrews 4:12 says that the Word of God is powerful and active. It is a weapon that can be used to help us win in our battle against sexual sin. Commit to the rhythm of reading God’s Word daily. Write below how you will do that.

3. Serving is a great way to humble yourself and redeploy your energy. Ask your Men at Grace lead or campus staff where you can serve. Write below where you will serve and the schedule you will follow.

4. Write down what you think is God’s design for sex. Articulate your thoughts and then write below how you will honor God’s design and purpose for sex.



### MOVE IDEA: A 60 MINUTE ACTION STEP

- Make an appointment with God. Ask him to reveal to you where your sexual energy has been corrupted.
  - Share your answers to the following questions with your responsible pastor, home group leader, and/or study leader.
    - » Have you experienced sexual abuse?
    - » When did you realize lust and masturbation were unhelpful and destructive?
    - » If applicable, when did you start lying about being exposed to pornography, engaging in sexual sin, or being the victim of abuse?
    - » If applicable, when did you first desire to be part of what God is doing more than giving in to this type of sin in your life?
    - » What would it look like for you to take your sexual story seriously?
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- Between now and your next session, make a decision and assign consequences to yourself the next time your sexual energy is corrupted. Consider who should know the next time you look at porn, indulge in lust, or misuse your sexual energy. Should your family get involved? Parents? The church? Your community/Men at Grace group? What privileges should you lose if you look at porn again? Consider what should be cut out of your life if you continue in your sin. What are you asking your spouse or mentor to do if you continue to look at porn? Write your answers below:



# SESSION FOUR

## Father Wound

\*\*Please watch the *Gladiator* movie clip before beginning the session.

The \_\_\_\_\_ of a father: To help make the \_\_\_\_\_.

SCRIPTURE	APPLICATION
Proverbs 17:6	
Ephesians 6:4	
Psalms 103:13	
Psalms 78:5-8	

A father is a messenger, a teacher, a trainer—a \_\_\_\_\_ for his children to feel the presence of God.

## SELF AWARE

PASSIVE	SELF-RELIANT
REPLICATE	REDEEMED MASCULINITY
	LIVE OPPOSITE

Our strategies for living are not \_\_\_\_\_.

The goal: that we would be \_\_\_\_\_ of how our wounds are impacting us, take them to \_\_\_\_\_, and let him \_\_\_\_\_ us.



FATHER WOUND CATEGORIES		
1. ABSENT DAD	2. NEGLECTING or DISENGAGED DAD	3. DOMINEERING DAD
4. PERFORMANCE DAD	5. ABUSIVE DAD	6. FRIEND DAD

### NEXT STEPS

1. Choose to \_\_\_\_\_.
2. Believe in the \_\_\_\_\_ of \_\_\_\_\_.
3. Seek \_\_\_\_\_.
4. Find \_\_\_\_\_.
5. Find the love of the \_\_\_\_\_.
6. Make generational \_\_\_\_\_.



**DISCUSSION QUESTIONS**

1. Why do you think the relationship between father and son is so significant?

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2. The goal of a father is that their godliness would push their sons towards God, rather than their brokenness pushing them away. How has your father impacted you in this area? Which direction did your father push you?

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3. Which of the categories of dads would you say your father fits into? Which one(s) do you tend toward if you are not careful?

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4. What insights did you get from working through any of the Action Steps last week?

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## Session Four Action Steps

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### MOVE IDEA: A 10 MINUTE ACTION STEP

Take time this week to memorize one of the following passages: Proverbs 17:6, Ephesians 6:4, Psalm 103:13, or Psalm 78:5-8. How does this help you as you think about your relationship with your father and/or with your children? Share your thoughts and the passage you memorized with your group the next time you meet.

### MOVE IDEA: A 20-30 MINUTE ACTION STEP

- **Take it towards your dad:** Write a letter to your dad expressing the things that you feel. If your dad is still alive, consider sending the letter, having a phone conversation, or going to dinner with your dad and expressing appreciation. Ask questions to get to know more of your dad's story.
- **Take it towards your kids:** Take time to connect with your kids. Let them get to know you and express that you appreciate being their father. Ask them questions to learn what they need from you and how you can be an even better father to them.

### MOVE IDEA: A 60 MINUTE ACTION STEP

Between now and the next session, invite one of the men in your group for coffee or lunch. Ask him what insights he's gleaned from working through the Father Wound material and/or use some of the questions below. Be sure to share your answers as well.

1. What was the most significant thing you learned from the Father Wound teaching?

2. How would you describe your current relationship with your father?

3. What insights have you learned about the relationship you have/had with your father?

4. Were you able to identify with any of the wounds discussed and how they affect you now?



5. If you could “bare your soul” to your dad right now, what would you say?

6. Are there things that you are doing now that might leave your children wounded later in life? What changes can you make?



# SESSION FIVE

## Mother Wound



The mother wound is not a wound of \_\_\_\_\_ but of \_\_\_\_\_.



There is a difference between \_\_\_\_\_ and \_\_\_\_\_.



## REDEEMED FEMININITY

### **STRONG FOR** THE PEOPLE AND SITUATIONS THAT GOD BRINGS INTO HER LIFE

Most women don't know \_\_\_\_\_ God has given them this power.

### **STRONG FOR** V. **STRONG OVER**

As mothers, most women are \_\_\_\_\_. In response, we are to:

- Be \_\_\_\_\_
- Take \_\_\_\_\_

Many women will fill in the \_\_\_\_\_ to protect their sons from pressure and pain.

Instead, they should create \_\_\_\_\_ for their sons to \_\_\_\_\_.

You are responsible to \_\_\_\_\_ your wife to be \_\_\_\_\_ for her children.



**DISCUSSION QUESTIONS**

1. How would you describe the way you were taught to view women? What kind of relationships do you have with women now?

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2. Bill described his relationship with his mom. Describe the relationship that you have with your mom. What is she like? How does she relate to you? If your mom is no longer living, describe her and what your relationship was like during the time you had together.

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3. We have been learning that men are responsible for the people and the situations that God brings into their life. If men are “responsible for,” then women are “strong for.” What does that mean to you?

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4. What insights did you get from working through any of the Action Steps last week?

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## Session Five Action Steps

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### MOVE IDEA: A 10 MINUTE ACTION STEP

Call your mom, daughter, or a woman who is in your life. Share with them something you learned and will apply from this teaching to help you own responsibility for your relationship(s) with them. Be prepared to share your step, what you did, and what happened, with the group next week.

### MOVE IDEA: A 20-30 MINUTE ACTION STEP

Pray and thank God for the women in your life. Ask him to give you wisdom in learning how to lead well in your relationships with them. Then, take some time to answer the following questions:

1. Do you err on the side of self-reliance with women (often blow up and have difficulty calming down or listening) or passivity (have trouble moving if it will involve conflict or tension)? Why do you think that is?
2. Are there aspects of the teaching that you could relate to based on how your mother treated you? Which ones? Why? How has that impacted you? Be prepared to share with your group at the next session.

### MOVE IDEA: A 60 MINUTE ACTION STEP

**As a son,** consider how this week's teaching relates to your experience with your mom.

In what ways did your mom bless you and promote your journey into responsible manhood?

In what ways did your mom over-nurture you or keep you from taking full responsibility for your life?

How has that affected you as an adult?



How does it affect you as a husband? As a father?

What is one step you can take this week to move past this wound/deficit and into the power and freedom only God can provide?

**For dads,** have a conversation with your wife about how you will hold your son accountable for outcomes. As you share, discuss the tension between the desire to challenge and the desire to nurture. Talk through what it means to allow sons to own the responsibility and feel the weight of the responsibilities God has brought into their lives. Discuss practical steps you can take in the next few weeks to implement what you have discussed. Write those steps below.



# SESSION SIX

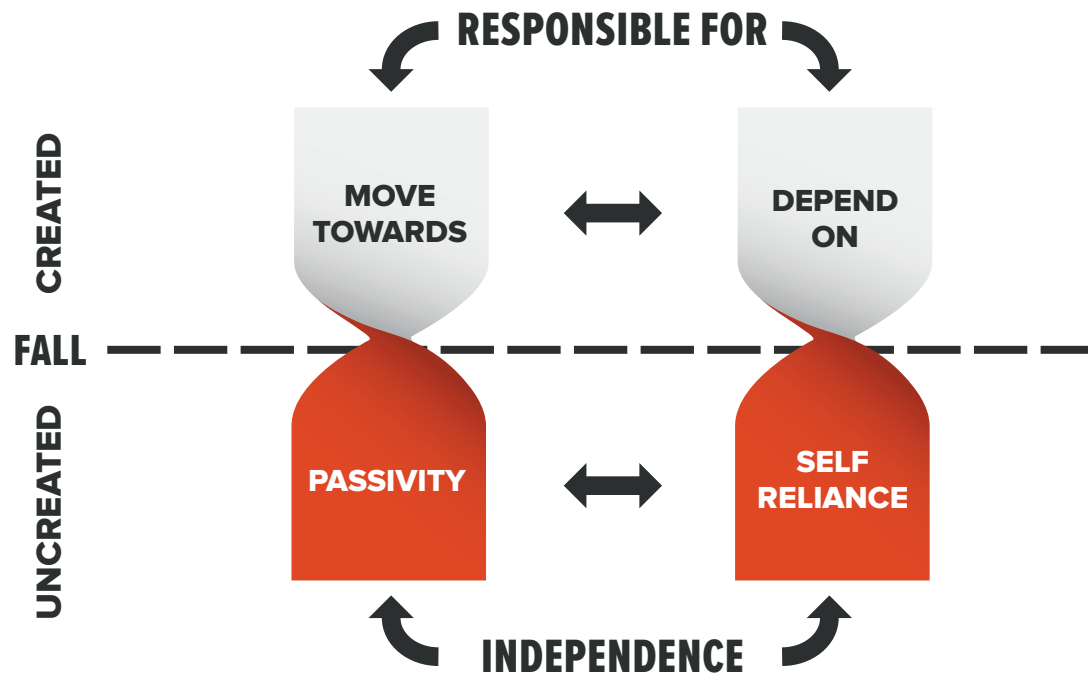
## Redeeming Masculinity: Sin and the Gospel

What is salvation? Being \_\_\_\_\_ in Christ.

There are two distinct \_\_\_\_\_:

- One is in \_\_\_\_\_. (Romans 5:18-19)
- One is in \_\_\_\_\_. (1 Corinthians 15: 21-22)

TWO ADAMS	
FIRST ADAM	FINAL ADAM
Disobedience	Obedience
Sin	Grace
Judgment	Justification
Condemnation	Righteousness
Death	Life



Have you seen clear movement in your life where you went from being in \_\_\_\_\_ to being in \_\_\_\_\_?



## REDEEMED MASCULINITY

**STRONG FOR** THE PEOPLE AND SITUATIONS  
THAT GOD BRINGS INTO HIS LIFE

### UNION WITH CHRIST

Your connection to Jesus is what makes you a spiritually \_\_\_\_\_ or a spiritually \_\_\_\_\_ man.

## A REDEEMED MANHOOD

FALLEN MANHOOD

REDEEMED MANHOOD

SELF-EXAMINATION Diagnosing an Independent Heart		
Passivity/Abdicate Passive Independence	Faith Dependence Responsibility for & Strength for	Self-reliance/Dominate Active Independence
Adam during the fall. Eve with the fig leaves.	God's mandate to Adam and Eve. "Making the unfruitful fruitful."	Eve during the fall. Adam with the fig leaves.

How do you move from being in Adam to being in Christ? \_\_\_\_\_ and \_\_\_\_\_.

*If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.*

—Romans 10:9



**DISCUSSION QUESTIONS**

1. In discussing the “two Adams,” whom do you see yourself more unified with? Adam or Christ?

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2. Do you find yourself depending on Christ or on the things you think Christ can do for you?

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3. When it comes to identifying your own independent heart, where do you find yourself being passive or self-reliant?

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4. What insights did you get from working through any of the Action Steps last week?

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## Session Six Action Steps

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### MOVE IDEA: A 10 MINUTE ACTION STEP

Read Jeremiah 17:5-8. Ask God to show you an area in your life where you have been operating independently of him. Write out some thoughts below. After you have finished, decide one step you can take this week to practically demonstrate your dependence on God. Be prepared to share your step, what you did, and what happened, with your group next week.

### MOVE IDEA: A 20-30 MINUTE ACTION STEP

Call someone in your group and share the insights you have gained from your participation in Authentic Manhood so far. Share with them what you have liked best about the study, what is working, what is not working, what is missing, and what is confusing. Take time to focus on the teaching and actions steps you have worked through thus far.

Describe for them what it means for you to reject both passivity and self-reliance through the power of the gospel.

Invite them to share any insights they have based on what you shared. Write down their suggestions and commit to ways you can move.

### MOVE IDEA: A 60 MINUTE ACTION STEP

- Review page 1 of the document **Diagnosing an Independent Heart** and note examples of passivity, self-reliance, and faithful dependence.
- Next, move to the continuum chart on page 2. Place an “X” indicating where you have been living in each area over the last few months.
- After you have completed the chart and identified where you tend towards passivity and self-reliance, proceed to the blank chart on page 3. Write out concrete action steps you will take to move towards faithful dependence in these areas.



- Some additional steps:
  - » Choose someone in your group you can call and share what you've learned. Identify the areas where you tend most toward passivity and the areas where you tend most toward self-reliance. Discuss your plans to move towards responsibility in these areas.
  - » If married, talk with your wife about your responses on the continuum. Discuss why you rated yourself this way and the action steps you have identified. Ask your spouse for additional insights.
  - » When you meet back together as a group the following week, share what you've learned.



## Session Six: Self-Examination - Diagnosing an Independent Heart

	<b>Passivity/Abdicate</b> Passive Independence	<b>Faith Dependence</b> Responsible for and Strong for	<b>Self-reliance/ Dominate</b> Active Independence
	Adam during the fall. Eve with the fig leaves.	God's mandate to Adam and Eve. "making the unfruitful fruitful."	Eve during the fall. Adam with the fig leaves.
	Examples	Examples	Examples
<b>Work</b>	lazy, takes the easy way	initiative	workaholism
<b>Marriage</b>	passivity, accepts status quo	proactivity	domination, manipulation
<b>Children</b>	ignored, detached	developed	over-attached
<b>Emotions</b>	apathy, denial	engaged, vulnera- ble, honest	anger, manipulation
<b>Self-image</b>	defeated, depressed	sinner, saint, child	self-righteous
<b>Pleasure</b>	avoidance, numbing	enjoyment	distraction, addiction
<b>Dealing with Sin</b>	acting out, giving in, contempt	continual repentance, worship, tell on yourself	performance, reli- gion, legalism
<b>Hobbies</b>	none	fun, pursued, in proportion	all-in, obsessed
<b>Church</b>	disengaged, attending	invested, involved	uber-volunteer, worker
<b>Money</b>	no plan	stewarded, managed	hyper-focused
<b>Sex</b>	ignored, ambivalent	enjoyed, celebrated	obsessed, weaponized
<b>Health</b>	negligent, couch potato	balanced, stew- ards body well	over indulges, proud



Place an “X” on the continuum below that indicates where you have been living in each area over the last few months.

	Passivity/Abdicate Passive Independence	Faith Dependence Responsible for and Strong for	Self-reliance/ Dominate Active Independence
<b>Work</b>	lazy, takes the easy way	initiative	workaholism
<b>Marriage</b>	passivity, accepts status quo	proactivity	domination, manipulation
<b>Children</b>	ignored, detached	developed	over-attached
<b>Emotions</b>	apathy, denial	engaged, vulnerable, honest	anger, manipulation
<b>Self-image</b>	defeated, depressed	sinner, saint, child	self-righteous
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MY ACTION STEPS	
Work	
Marriage	
Children	
Emotions	
Self-image	
Pleasure	
Dealing with Sin	
Hobbies	
Church	
Money	
Sex	
Health	



# SESSION SEVEN

## Living Out Redeemed Masculinity



\*\* Be sure to watch the U-571 movie clip before beginning the teaching session.

God puts all of us in \_\_\_\_\_ of decision. He wants us to be spiritually \_\_\_\_\_ and equipped for those moments.



### PRESENT/ABSENT AUDIT

In each of these categories, what does it mean for you to be \_\_\_\_\_?

#### Women

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#### Family

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#### Work

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**Soul**

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**Ministry**

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As you move in some of these areas, you will experience \_\_\_\_\_. This is important. Failure makes us \_\_\_\_\_.

*I tell you the truth, unless a kernel of wheat is planted in the soil and dies, it remains alone. But its death will produce many new kernels—a plentiful harvest of new lives.*

**—John 12:24 NLT**



**DISCUSSION QUESTIONS:**

1. What resonated with you from today's teaching? Where do you need to grow?

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2. How do you humble yourself in your current season and honor your wife? If you are not married, how could you honor and be responsible for the women in your life (mother, co-workers, etc.)?

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3. How do you engage with your children in this season of life? If you don't have children, how can you mentor, serve, and provide energy for the next generation?

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4. What energy do you allocate to serve other people?

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## Session Seven Action Steps

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### MOVE IDEA: A 10 MINUTE ACTION STEP

Pick one of these categories: women, family, work, soul, or ministry

1. List out the major responsibilities you currently have in this area:

2. In which of these responsibilities are you doing well?

3. In which of these responsibilities are you weakest?

4. Decide a step you can take to increase your level of responsibility in that area and write it here:

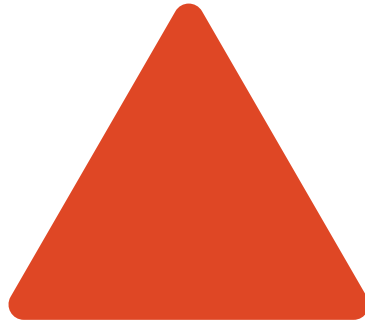
5. Share your action step with someone this week.



## MOVE IDEA: A 20-30 MINUTE ACTION STEP

Take some time to work through each side of the triangle. As you work through the questions below, determine people and situations you are responsible for.

**CALLING:  
COMMON EXPERIENCE**



**INDIVIDUALITY**

**SEASON**

Calling - Describe what it means to you to be responsible for something. Choose a person or a situation that has been entrusted to you.

Individuality - What is your personality like? Are you more verbal or laid back? Do you crave comfort or control? What kind of work history do you have, and how has that affected the way you handle conflict? What aspects of your childhood have shaped who you are and the way you see the world? Write some thoughts below:

Season - What season are you right now?

- Gen Z
- Millennials
- Gen X
- Baby boomer

Find someone in a different season than you and ask them to share insights about their calling and individuality. Write your observations and insights below:



Based on what you've learned, what are some ways you can be responsible for the people and situations that God has placed in your life?

### **MOVE IDEA: A 60 MINUTE ACTION STEP**

Take some time to answer these questions about the following areas:

#### **WOMEN**

##### **Wife**

1. How do I love my wife in conflict and bring about resolution?

2. How do I humble myself in my current season and honor my wife or wife-to-be? How do I engage and lead in conflict, sex, communication, etc?

3. I must be responsible for and also live with her in an understanding way. How can I do this?

##### **Mom**

1. How do I manage my relationship with my mom?

2. How often should we speak and how can I pursue her? How will I manage this relationship in the future?



## **Women**

1. How will I be available to vulnerable women I can help and engage in a non-romantic way?

2. How can I help protect and support women in my workplace?

## **FAMILY**

### **Kids**

1. How do I engage with my kids in this season of life?

2. What does disciplining children look like?

3. How do I help them understand what work looks like?

4. How will I pay for college?

5. What does fun look like with them?



6. If I don't have kids, how can I mentor, serve, and provide energy for the next generation?

## WORK

1. How will I make money and provide?

2. How do I leverage my work for the gospel?

3. What talents and gifts have I discovered in this season of work?

4. Do I love work? Do I hate work? How is my work glorifying to the Lord?

## SOUL

1. Who is in my biblical community and how are they helping me to grow?

2. With whom am I connecting outside of the group?



3. What are my views of the local church? Who is my authority?

4. Have I built time in my calendar to do something to grow spiritually this week? (Read a verse or chapter in the Bible, pray, take 15 minutes to focus on God, serve, do one thing every day to promote growth.)

5. What five things am I praying for that I am completely dependent on God for?

## **MINISTRY**

1. What energy do I allocate to serve other people?

2. Have my kids seen me worship God, serve others, and read the Bible this week?



# Answer Key

## Session 1 - Creation and Definition of Manhood

- God created male and female in the \_\_\_\_\_ (image) of God.
- They have \_\_\_\_\_ (equal) value, yet there are \_\_\_\_\_ (unique) things about each gender.
- The requirement of man is to make the unfruitful \_\_\_\_\_ (fruitful).
- Adam is \_\_\_\_\_ (present) and \_\_\_\_\_ (absent) at the same time.
- He should step \_\_\_\_\_ (forward) and offer something and instead he steps \_\_\_\_\_ (back) and leaves a \_\_\_\_\_ (void). He is passive.
- After sinning, Adam becomes \_\_\_\_\_ (self-reliant).
- Both passivity and self-reliance are forms of \_\_\_\_\_ (independence).

## 3 GOALS

1. Address the \_\_\_\_\_ (past).
2. Define authentic manhood for the \_\_\_\_\_ (present).
  - » Being \_\_\_\_\_ (responsible for) the people and situations that God brings into our lives.
3. Create and envision authentic manhood for the \_\_\_\_\_ (future).

## Session 2 - Effects of the Fall: Fear, Shame, and Frustration

Authenticity = True masculinity is a kind of masculinity that is not driven by \_\_\_\_\_ (personality).

Redeemed Masculinity = \_\_\_\_\_ (responsible for) the people and situations that God brings into his life.

- Everything that happens is not your \_\_\_\_\_ (fault), but everything that happens is your \_\_\_\_\_ (responsibility).

## EFFECTS OF THE FALL

- Prior to sin, Adam and Eve were \_\_\_\_\_ (innocent). After sin, they were in a state of \_\_\_\_\_ (guilt).
- You cannot be connected to other \_\_\_\_\_ (people) and connected to \_\_\_\_\_ (God) until you uncover your shame.

- If you allow \_\_\_\_\_ (shame) to overwhelm you, and then you live your life in \_\_\_\_\_ (fear), you are going to become progressively alone and isolated.
- God imposes \_\_\_\_\_ (frustration) because we need to be \_\_\_\_\_ (humbled).

## Session 3 - Sexuality Wound

- There is an absence of \_\_\_\_\_ (powerful) men in the church and in the home.
- At the intersection of *moving towards and depending on* is \_\_\_\_\_ (faith).

## WOUNDS

- Every man has shaping \_\_\_\_\_ (characters) and shaping \_\_\_\_\_ (experiences) in our story that have left an imprint on us.
- Sex is never \_\_\_\_\_ (neutral). It can be a powerful \_\_\_\_\_ (curse) or a powerful \_\_\_\_\_ (blessing).
- In order to be spiritually powerful men, you have to be \_\_\_\_\_ (self-aware) of your \_\_\_\_\_ (sexuality wound).
- God created \_\_\_\_\_ (sex) and it is \_\_\_\_\_ (good).
- As the \_\_\_\_\_ (creator) of sex, God gets to decide \_\_\_\_\_ (how) it is used for our good.
- God created sex to build \_\_\_\_\_ (intimacy) in the exclusive commitment of \_\_\_\_\_ (marriage) between man and woman.
- Sexual sin is usually an attempt to meet a deeper \_\_\_\_\_ (need) than sex can actually \_\_\_\_\_ (satisfy).
- Sexual sin is never \_\_\_\_\_ (victimless).

1. Engage your sexuality \_\_\_\_\_ (story) and your sexuality \_\_\_\_\_ (wounds).
  - » Goal: Create \_\_\_\_\_ (movement).
2. Flee sexual \_\_\_\_\_ (temptation).
3. \_\_\_\_\_ (Deploy) your masculine \_\_\_\_\_ (energy) on what you are \_\_\_\_\_ (responsible) for.
4. You have to learn how to articulate your sexual \_\_\_\_\_ (needs) to your \_\_\_\_\_ (wife).
  - » Goal: Lead your wife in such a way that she can \_\_\_\_\_ (trust) you.



#### Session 4 - Father Wound

- The \_\_\_\_\_ (goal) of a father: To help make the \_\_\_\_\_ (unfruitful fruitful).
- A father is a messenger, a teacher, a trainer—a \_\_\_\_\_ (primary channel) for his children to feel the presence of God.
- Our strategies for living are not \_\_\_\_\_ (random).
- The goal: that we would be \_\_\_\_\_ (self aware) of how our wounds are impacting us, take them to \_\_\_\_\_ (Jesus), and let him \_\_\_\_\_ (heal) us.

#### NEXT STEPS

1. Choose to \_\_\_\_\_ (forgive).
2. Believe in the \_\_\_\_\_ (justice) of \_\_\_\_\_ (God).
3. Seek \_\_\_\_\_ (relationships).
4. Find \_\_\_\_\_ (pressure).
5. Find the love of the \_\_\_\_\_ (Heavenly Father).
6. Make generational \_\_\_\_\_ (progress).

#### Session 5 - Mother Wound

- The mother wound is not a wound of \_\_\_\_\_ (inattention) but of \_\_\_\_\_ (over-attention).
- There is a difference between \_\_\_\_\_ (culpability) and \_\_\_\_\_ (responsibility).
- Most women don't know \_\_\_\_\_ (why) God has given them this power.
- As mothers, most women are \_\_\_\_\_ (unreflective). In response, we are to:
  - » Be \_\_\_\_\_ (sympathetic)
  - » Take \_\_\_\_\_ (responsibility)
- Many women will fill in the \_\_\_\_\_ (gaps) to protect their sons from pressure and pain.
- Instead, they should create \_\_\_\_\_ (space) for their sons to \_\_\_\_\_ (fail).
- You are responsible to \_\_\_\_\_ (equip) your wife to be \_\_\_\_\_ (strong) for her children.

#### Session 6 - Redeeming Masculinity: Sin and the Gospel

- What is salvation? Being \_\_\_\_\_ (found) in Christ.
- There are two distinct \_\_\_\_\_ (manhoods):
  - » One is in \_\_\_\_\_ (Adam). (Romans 5:18-19)

» One is in \_\_\_\_\_ (Christ). ( 1 Corinthians 15: 21-22)

- Have you seen clear movement in your life where you went from being in \_\_\_\_\_ (Adam) to being in \_\_\_\_\_ (Christ)?

#### UNION WITH CHRIST

- Your connection to Jesus is what makes you a spiritually \_\_\_\_\_ (dead) or a spiritually \_\_\_\_\_ (alive) man.
- How do you move from being in Adam to being in Christ? \_\_\_\_\_ (Confess) and \_\_\_\_\_ (believe).

#### Session 7 - Living Out Redeemed Masculinity

God puts all of us in \_\_\_\_\_ (moments) of decision. He wants us to be spiritually \_\_\_\_\_ (powerful) and equipped for those moments.

#### PRESENT/ABSENT AUDIT

- In each of these categories, what does it mean for you to be \_\_\_\_\_ (fruitful)?
- As you move in some of these areas, you will experience \_\_\_\_\_ (failure). This is important. Failure makes us \_\_\_\_\_ (experts).













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