



GO

The **JOURNEY**
to **BIBLICAL**
MANHOOD

Guidebook



A FOUR-WEEK STUDY FOR MEN

FOR THE GROUP FACILITATOR

This study is designed to be done over four weeks in a men's group setting. Each week's session can be completed in a 75- to 90-minute meeting, consisting of:

- Greeting, catching up, and/or icebreaker activity (10-15 minutes)
- Video teaching (25 minutes)
- Recap of previous week's reflection questions (10 minutes)
- Group discussion (20-30 minutes)
- Prayer requests and closing (10 minutes)

When leading discussion, it's more important to talk about "real" things you're all dealing with than it is to get to every single question. Aim to keep the conversation personal and practical, as opposed to theological and theoretical. The goal is air time for every man, every week.

Remember—you don't have to be a teacher or Bible scholar to lead a group. The most important parts of your role are to show up, help facilitate discussion, and show guys you care. Give each man a quick call or text every week to remind him of your meeting and check in with him.

Between meetings, there are five daily readings for guys, which allows for two days off, such as Sunday and the day of the group meeting. Each daily reading has reflection questions and space for writing. Encourage men to complete these each week.

Ready to GO? Let's take the journey!

THE FINE PRINT

Scripture quotations are from The Holy Bible, English Standard Version® (ESV®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved. Quotations marked NIV are taken from the Holy Bible, NEW INTERNATIONAL VERSION®. Copyright © 1973, 1978, 1984 by International Bible Society. All rights reserved throughout the world. Used by permission of International Bible Society.

Some devotions adapted from *Devotions for the Man in the Mirror* by Patrick M. Morley. Copyright ©1990, 1992, 1998, and 2015 by Patrick Morley. Used by permission of Zondervan.

©2018 Man in the Mirror, Inc.



ON-RAMP

THE BIG IDEA

The turning point of our lives is when we stop seeking the God we want and start seeking the God who is.

Hear then the parable of the sower: When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what has been sown in his heart. This is what was sown along the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy, yet he has no root in himself, but endures for a while, and when tribulation or persecution arises on account of the word, immediately he falls away. As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the deceitfulness of riches choke the word, and it proves unfruitful. As for what was sown on good soil, this is the one who hears the word and understands it. He indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty.”—Matthew 13:18-23

By this my Father is glorified, that you bear much fruit and so prove to be my disciples. — John 15:8

*Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.
—1 Peter 5:8*

NOTES

SAMPLE



GROUP DISCUSSION



- What has been your experience with the rat race?
- Which of the four men in Matthew 13:18-23 best describes your life right now? How does God provide for you to “hear, understand, and produce a crop” like the man described in verse 23?
- Today’s Big Idea is, “The turning point of our lives is when we stop seeking the God we want and start seeking the God who is.” Where are you on your spiritual journey today? Have you reached that turning point? Explain your answer.

PRAYERS FOR MY BROTHERS...

DAY 1

He said to them, "But who do you say that I am?" —Matthew 16:15

One day, Jesus asked his disciples, "Who do people say that the Son of Man is?" Jesus already knew who the people thought He was—Elijah, John the Baptist, a prophet, perhaps; they thought He was anyone and everyone except the truth. It was a case of mistaken identity. The people took what little they knew of Jesus and came to the wrong conclusion.

Then Jesus asked his disciples, "But who do you say that I am?" Simon Peter replied, "You are the Christ, the Son of the living God" (Matthew 16:15-16). See, as Peter learned more of this remarkable man, his respect turned to awe. Then once the Father revealed the truth to him, he humbled himself, confessing Him to be the Messiah, the Christ.

Peter recognized Jesus' true identity when others couldn't—not just a good man, not just a prophet, not just a moral teacher or a man of prayer or a priest, but the long-awaited Messiah, the Lamb of God who takes away the sins of the world. Jesus was far more than He first appeared. The people had mistaken His identity. They still do.

Have you assumed too little about who He is? Don't get caught in a case of mistaken identity. Commit to knowing the Jesus who is, not the Jesus you want. Be humbled by the revelation of His true identity and worship Him, Christ the King.

REFLECTION

List some attributes of Jesus that you see in the Bible.

How have you thought incorrectly about Jesus in the past?

Based on your beliefs and behavior, who do you say He is?



DAY 2

[I declared] that they should repent and turn to God, performing deeds in keeping with their repentance. —Acts 26:20



The Bible talks about spiritual infants, and how we should all be maturing over time once we become believers. So what keeps a Christian stuck in infancy? A gospel of addition without subtraction. A gospel with a call to love but without a call to holiness. It is the belief that we can add Christ to our lives, but not subtract sin. It is a spiritual experience without any practical impact. It is revival without reformation.

Obedience is the evidence or fruit of conversion. Jesus says, “If you love me, you will keep my commandments.” It’s a tall order, but He doesn’t leave us to struggle in our own will power and strength. Rather, He promises, “And I will ask the Father, and he will give you another Helper, to be with you forever” (John 14:15-16). He empowers us with the Holy Spirit to be obedient—to subtract sin.

A changed life is one that has cultivated a lifestyle of repentance and renewal. Such a life attracts a world weary of empty words. Is there a difference between your behavior and that of those around you who have never met the Savior? If not, what will attract them to the Kingdom of God?

REFLECTION

Since adding Christ to your life, what has been subtracted?

What do you still need to subtract?

Are you continually growing up from spiritual infancy? Explain your answer.

DAY 3

Therefore let us be grateful for receiving a kingdom that cannot be shaken, and thus let us offer to God acceptable worship, with reverence and awe, for our God is a consuming fire. —Hebrews 12:28-29

We all are tempted to make good things into idols—things that dilute or distract us from faithful devotion to our God. These idols, or created things, give cultural Christianity its stronghold, whether money, respect, a hobby, or even a relationship. Therefore, God declares that He will faithfully remove the created things from your life that can be shaken—the shakable kingdom—in order to preserve the things that cannot be shaken.

Our idols lure us into the wrong races. They consume our energy and creativity and deflect our thoughts away from Him. Do not be alarmed if God shakes up your world. When God disciplines you by removing created things that pull you away from Him, rejoice and be glad. He may be shaking up your temporal kingdom so that you can be freed from cultural Christianity.

You can trust God. When He shakes the shakable, when He removes the removable, it is because of His great love and mercy toward you. He is making you holy even as He is holy. His discipline is perfect and for our good, “that we may share his holiness” (Hebrews 12:10).

REFLECTION

In what ways has God shaken up your world?

How did that affect your relationship with God?



DAY 4

Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and eat with him, and he with me.—Revelation 3:20



Having a quiet dinner with friends in one's home epitomizes fellowship. Imagine it. There's a knock at the door. It swings open wide. Eyes meet. Smiles erupt on happy faces. Friends embrace. The host invites his friends in. Warm conversation flows easily around the table as the food is passed from person to person.

In Revelation 3:20, this is the metaphor Christ chose to illustrate what happens when we repent and re-surrender to Him. He was speaking to the church at Laodicea; they'd become prosperous and self-reliant. "I know your works," He warned them. "You are neither cold nor hot (. . .) So, because you are lukewarm (. . .) I will spit you out of my mouth" (Revelation 3:15-16).

Lukewarm Christians forget the terms of their surrender to Christ. Instead of living by the will of God, they live according to the self-will and break fellowship with God. Christ would rather we be hot or cold than persisting in powerless, lukewarm Christianity.

But after His warning, He graciously offered to reestablish fellowship with this broken, lukewarm people. He was knocking, and they needed only to open the door. Jesus is the way back. When we become complacent, when we stop walking with Him, He still loves us. He despises our behavior, but He wants to restore fellowship with us. He stands at the door.

REFLECTION

Have you been hot, cold, or lukewarm in your relationship with God? Explain.

What are three words you'd use to describe what it might feel like to dine with the living Christ?

What can you do to establish, re-establish or strengthen a vital relationship with God in your life?

DAY 5

For when Solomon was old (...) his heart was not wholly true to the Lord his God. —1 Kings 11:4

Solomon was a man who pleased God so much that God blessed him with unparalleled wisdom, knowledge, wealth, and honor. But then we see a turn take place. “King Solomon, *however*, loved many foreign women” (1 Kings 11:1, NIV, emphasis added). The Lord instructed, “You must not intermarry with them, because they will surely turn your hearts after their gods.” But we learn that “Solomon held fast to them in love” (1 Kings 11:2, NIV).

Solomon’s life was fine until he came to his *however*—his love for foreign women. He’d remained true to God alone for many years, delighting in His ways. But when he intermarried with them, the very thing God instructed him not to do, he turned to other gods. His heart was no longer fully devoted to the Lord his God.

Likewise, we aren’t to intermarry with the other gods of our culture—materialism, sensual living, emotionalism, relative values, etc. We aren’t to give in to our *however*s—those things we love but have been instructed not to do. Because Solomon gave into his *however*, he died a broken man, disillusioned and spiritually insensible. He thought he could have it both ways, and the world and its false gods swallowed him up.

It’s tempting to think, *I can get away with this because it’s not hurting me right now*. Flee. Relearn His ways and make sure you have them right—for it’s easier to continue with the Lord than it is to make a comeback. Abandoning our *however*s is central to the act of turning away from the God we want and seeking the God who is. If your heart isn’t fully devoted to God, the antidote is total surrender.

REFLECTION

Do you have any *however*s in your life—things you know you ought not love or do?

What do you need to change in order to be fully devoted to God?

