ACT LIKE MEN
JOBY MARTIN
PARTICIPANTS’ HANDOUTS
REVIEW

What kind of relationship did you have with your father growing up?

If it’s true that today manhood is caught more often than it is taught, what did you “catch” about being a man from your father? How did his example shape the man you are today?

Who has been the most positive example of manhood in your life? What makes their model such a positive one?

How would you define manhood? What do you think it means to be a man?

What are some of the ways you have leaned on your own strength to obey God rather than depending on His power? What kind of effects did it have on your life?

What were the three responsibilities Joby mentioned that God placed upon Adam in the Garden of Eden?

In what ways have you seen these responsibilities—creation, trust, honoring women—twisted in our culture? What about in your own life?

What were the two primary ways Joby explained that manhood was become distorted?

BIBLE JOURNEY

What are some general observations you could make about the world of Genesis 1–2? How is it different from the world we know today?

According to Genesis 1:27–30 and 2:18–25, what are some created characteristics of humanity?
How does God describe His creative work in 1:31?

What does God say about Adam in 1:18?

What are some examples of healthy community in your life today?

How could you grow in your intentionality about pursuing healthy community?

According to Genesis 3:1–13, what did Adam and Eve do wrong?

What are some ways brokenness enters into the world as a result of their actions?

According to verses 11–13, what has changed about Adam and Eve's relationship?

What are the consequences of their disobedience according to verses 14–19?

As you have tried to act like a godly man, what are some examples of the struggles you've faced along the way?

Of the three responsibilities Joby covered (creative dominion, trusting God, relational community), where do you most need to grow as a man?

How have these responsibilities been distorted in your life through either passivity or abuse?

How does Romans 5:12–21 passage describe Adam?
How does this passage describe Jesus?

According to verse 19, how are we made righteous?

Where are you in terms of dealing with self-dependence? Are there ways in which you need to surrender more fully to Christ today?

What would surrender change about the way you approach your responsibilities as a man?

**LIVE IT OUT**

**Pray:** As you walk away from this session, take some time over the next week to ask that God would prepare your heart to hear His truth throughout the rest of this series. Ask Him to speak to you in a transformative way over the next four weeks.

**List:** Take out a piece of paper and list three ways you would like to grow as a man over the course of this series. Keep it in a visible place so that you can remind yourself of it regularly.

**Reflect:** Spend some time reflecting on your upbringing, specifically in terms of how your father influenced the man you are today. Whether it was for good or bad, recognizing that influence is an important part of learning what affects your relationship with Christ.

**Confess:** If the Holy Spirit convicted you during this session of ways you have not lived up to God’s design for you as man, confess those to God. Ask for His forgiveness and trust that He will graciously mold you into the man He created you to be.

**Give Thanks:** Take a moment to thank God for where He has you today. Whether you are in a difficult season or a joyous one, He is present with you and His Holy Spirit is guiding you toward becoming more like Christ.
REVIEW

How have you experienced the collateral damage of sin in your own life, whether from choices you have made or the choices someone else made that affected you?

In what ways have you experienced restoration since? Where do you remain in need of restoration?

Where has God called you to be watchful? What does that look like for you practically?

Of the three specific points Joby said we must watch out for (pride, worry/anxiety, and laziness), which is the biggest struggle for you? How does it influence your God-given responsibilities?

How would you describe the level of community in your life? What could you do to be more intentional about pursuing relationships with mature believers for spiritual accountability?

Why does worry provide a foothold for the enemy in our lives?

In what ways do you struggle with worry? What are you trying to control that you need to surrender to God today?

Where do you struggle with laziness in terms of your God-given responsibilities?

Can you relate to the desire for comfort Joby talked about in the session? What are some areas of your life where you are struggling to embrace the discomfort God is calling you to?

BIBLE JOURNEY

Beginning in 1 Peter 5:6–8, what is the first command given?
Why does the text tell us to humble ourselves?

In what ways do you struggle with humility? How would your life look different if you were to grow in humility?

What are some examples you’ve seen from other men who have “given away” their strength in service to others?

How practically could you serve those around you with the strength God has given you? What obstacles stand in your way that keep you from doing so?

Following verse 6, why does Peter command Christians to cast their anxieties on God?

In what ways do Peter’s words strike you? Do you struggle with the idea of God caring for you? How should that truth inform the way you approach times of worry/anxiety?

What are some times when you have experienced your circumstances “defining” you in the way Joby described?

What are some tangible ways you have experienced God’s care throughout your life?

How could you be more intentional about calling to mind the truth that God cares for you in the days ahead?

What commands does Peter give in verse 8?

Why does he give these commands?

How should Peter’s description of our “adversary” shape our seriousness about the responsibilities and being sober-minded and watchful?
As you think back on the teaching of this session, what are some areas of your life or relationships that need defending? Can you identify any areas of vulnerability or weakness? What would it look like to be watchful in them?

How connected are you to other believers? What about a local church?

Who are the Christian men in your life that you most look up to? What are some ways you could ask them to help you grow in your watchfulness?

**LIVE IT OUT**

**Pray:** Set aside some time this week to ask God for the eyes to see where He has called you to be watchful. As you identify those areas, be bold in your obedience trusting that the Lord will supply your needs along the way.

**Praise:** Take a moment to praise God for the ways in which He has brought restoration in your life. Thank Him for His grace and how it brings continual healing in the times when you fall short.

**Resolve:** As the Holy Spirit convicts you of areas where you need to be watchful, commit to that responsibility, no matter the cost.

**Accountability:** Identify 2–3 mature, believing men and schedule time to regularly check in with one another to stay accountable in this area of watchfulness.

**Encourage:** If you know of a weaker brother who is struggling to be watchful, make an effort to encourage him today. Remind him of God’s grace and the power of the Holy Spirit to restore us no matter our failures.
**REVIEW**

When you think about the phrase “stand firm” what are some examples of that action that come to mind?

How did your upbringing influence your dreams for the man you wanted to be, especially as it related to the idea of standing firm?

What did Joby point to as a “blueprint” for standing firm in our faith against the enemy?

What observation did Joby emphasize based on Ephesians 6:10?

How should that truth frame the way we think about standing firm in the armor of God?

**BIBLE JOURNEY**

In Ephesians 6:10–18, what are the six items listed as the armor of God?

Why is truth such a critical part of the armor of God (see Eph. 4:20–25)?

As you think on the areas of life where you have influence (family, work, neighborhood, etc.), would you say you model truthfulness well? How could you improve in this regard?

What would it look like for you to “pray Scripture” over your family, like Joby described? What about your workplace? Your friendships? Your neighborhood?

What are some practical ways you could encourage those who look up to you to pursue truthfulness in their own lives?
How did Joby describe “righteousness” in the session?

How do you strive to model righteousness? Where do you struggle most in this regard?

How could you be more intentional about reminding yourself of the righteousness you have received in Christ? What could you do to be more intentional about reminding your family of this truth?

How does the gospel of peace clothe us in readiness?

In what ways do you model a gospel of peace for others? What are some areas of your life that are in need of peace?

What would it look like for you to be a peacemaker in those areas? What would have to change?

According to verses 17–18, what specific defense does the shield of faith provide?

What observation did Joby make about the function of a shield?

What are some ways you find yourself particularly vulnerable to the “fiery darts” of the enemy?

How could community help to strengthen your defense in those times?

What could you do to more intentionally make yourself available to bearing the burdens of those who have vulnerable defenses?
What role does salvation play in terms of your conversations at home with your family? How about in your workplace? What would it look like for you to better reflect the salvation you have in Christ through your life in those arenas?

According to verse 17, what is the “sword of the Spirit”?

What are some ways to “wield” the Word of God?

Who in your life would you consider disciplined in the practice of prayer? What stands out to you about their prayer life?

In what ways could you invite them to help you grow in your own prayer life?

**LIVE IT OUT**

**Pray:** Ask the Lord to reveal to you the ways in which you depend on your own strength rather than His. As He does, be quick to confess and repent in order to walk in the true strength of Christ.

**Invite:** If you are lacking in community, invite mature believers into your life to help you carry whatever burdensome circumstances you face. Allow them to come alongside you as a strength and defense.

**Evaluate:** Over the next week, evaluate your life in comparison to the list of the armor of God. Note areas where you need to grow and take the necessary steps to do so.

**Serve:** Use the strengths God has given you in service to other men who need them, like Blake does for the young men in youth detention centers. Find a way to intentionally serve someone over the course of this next week.

**Memorize:** Commit to memory the various pieces of the armor of God, as listed in Ephesians 6:10–18. As you do, ask that God would help you to depend on Him and His resources for your spiritual strength as opposed to your own.
REVIEW

Who or what has God used to teach you humility throughout your life?

As you reflect on a time when you had no choice but to depend on the strength of God, what did He teach you about Himself during that time? How has your faith in God grown since?

When you think about the idea of “Sabbath,” what comes to mind? How would you describe the act of taking a Sabbath?

How did Joby define true rest, especially as it relates to the Sabbath?

How do you practice rest? In light of this session, what do you think you should do differently?

When have you been challenged to persevere? What were the circumstances you had to face during that time?

What did you learn about God as a result of persevering? How has it strengthened your resolve for the future?

Having discussed humility in previous sessions, what has God taught you about humility throughout this series? In what ways do you desire to grow in humility today?

Would you describe yourself as someone who can submit to authority? Or do you find yourself constantly vying to be at the top?

What have you learned about the biblical use of strength throughout this series? What are some ways you have used your strength to serve others?
How could you be more intentional about serving those around you?

**BIBLE JOURNEY**

How does reading Exodus 20:1–17 change the way you thought of the Sabbath previously? How should that affect the way you live your life as a result?

Where do you find yourself struggling most to depend on God rather than your own strength? How could a Sabbath help you in that struggle?

Now, let’s turn our attention to the final characteristics of a strong man that Joby mentioned in the session—perseverance, humility, and service. Someone read Matthew 20:20–28.

According to Matthew 20:20–28, who were the “sons of Zebedee” (see Matt. 4:18–22)?

What did their mother ask of Jesus?

What did Jesus mean by responding, “You will drink my cup” in verse 22 (see Ps. 75:8; Isa. 51:17)?

How have you experienced suffering as a result of your faith?

How does the promise of suffering make you feel? Does it inspire feelings of fear that need to be surrendered?

In what ways do the sons of Zebedee fail to demonstrate humility in this passage?
How does Christ demonstrate humility?

What can you apply to your own life from the example of Christ’s humility?

As you reflect on the story of Jesus, what are some of His acts of service that stand out to you the most? Why do you find them so memorable?

What could you do to serve your family in a way that intentionally encourages them toward Jesus? What about your friends? Coworkers?

**LIVE IT OUT**

**Pray:** At least twice this week, start off your day by asking God to help you to be strong in a way that honors Him.

**Surrender:** If the Holy Spirit convicted you during this session of your need to do as something that gets in the way of rest, surrender that need to the Lord. Ask Him to help you walk in freedom from feeling as though you have to perform.

**List:** On a piece of paper, list the four attributes of a godly strong man that Joby shared in the session and set it somewhere that you will see it on a daily basis. Let it be a regular reminder to you of God’s call on your life.

**Study:** Over the next few weeks, study the topic of rest as it is presented in the Bible. Look for ways that you can better incorporate restful obedience into your life.

**Ask:** This week, ask your family or roommates what you can do to best encourage them in their relationship with Jesus. Try to get at least two practical actions from them that you begin to incorporate into your routine.
REVIEW

What are some examples of things our culture loves? How does using the term in such a widespread manner remove its significance?

When you think about the Bible’s portrayal of love, how would you define it? In other words, what is “love” to you?

According to Joby’s definition of love (“Your joy in the Lord expressed toward others at great expense to yourself”), what are some ways that Jesus modeled that definition of love?

What are some ways in which you have modeled that definition of love?

During Joby’s explanation of the list in 1 Corinthians 13, which of the characteristics stood out to you the most? What made it distinct?

When it comes to a biblical understanding of love, how are you doing? Where do you need to grow?

Who do you struggle to love? What makes that relationship such a challenge?

BIBLE JOURNEY

What subject is Paul focused on in 1 Corinthians 12?

How does Paul conclude 1 Corinthians 12 in verse 31?

What is the “more excellent way” according to 1 Corinthians 13:1–3?
How would you summarize Paul's point in these verses?

What are the nine characteristics of love listed by Paul in verses 4–7?

Who or what are you currently facing that requires your patience? How well are you doing in that regard? Where could you grow in patience?

What would it look like to actively extend kindness in that situation? Who could you practically demonstrate that to instead of reacting with anger or aggression?

How does envy fail to provide an accurate picture of God’s love to those around us?

How have you dealt with envy in your life? How have you responded to the presence of envy in your heart?

What are some practical ways you could consider others—family members, neighbors, coworkers—as more important than yourself this week?

Would you say that arrogance or rudeness characterize your behavior toward others in any way? Would those close to you agree with your answer?

How do you respond when things don’t go according to your plans?

What about when someone acts in a way that frustrates you? Do you find it easier to forgive or grow resentful toward them?

As you think about your life today, where do you need to surrender your “own way”? 
What you say you rejoice in the most? What are some practical ways you could grow to better rejoice in the truth?

What would it look like to rejoice in the truth in the context of your family? Friends? Neighborhood? Workplace? How can you display your love for God’s truth in a way that displays love to those around you?

How does Romans 5:8 describe the way God shows His love to us?

**LIVE IT OUT**

**Pray:** Ask the Lord to give you the eyes to see the areas of your life that embrace self-serving love and resolve to take steps of obedience to surrender those to Him.

**Serve:** Just as God loved you while you were still a sinner, look for a way to serve someone this week who is undeserving of your love, as a way of demonstrating the love God has shown to you.

**Memorize:** Commit to memory 1 Corinthians 13:4–7 and ask God to make your life one that reflects the kind of love described in that passage.

**Speak:** Consider those people in your life that need to hear a word of affection from you. Sometime this week, make an intentional effort to tell one of those people your love for them.

**Write:** If you prefer writing, instead of telling one of those people your love for them, take the time to write a letter that communicates your affection for him or her.