

# BULL



Mitchell P. Davis, B.A.  
Roy Smith, M.Div., Ph.D.

Every male has the drive to  
become a real man.

Other men guide him on  
this adventure.

A strong father invests in his  
son's manhood quest.

This book challenges  
courageous warriors on this  
God-intended journey.

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*Book cover and interior design by Laura Cramer*



# Special Thanks To These Bull Elephants In My Life

Uncle Roy

Uncle Don

Uncle Paul

Uncle Tim

Uncle Ron

Chuck “Coach” Harrison

Shane Manney

Joel Hutchinson

Dr. T

Dr. Beck

And above all else, thanks  
to my father for everything  
he has done for me.

# Contents

[Foreword](#)

[Introduction](#)

Manhood Discussion Instructions

1. [Here Enter Boys To Become Men](#)
2. Use Your Left Foot
3. One Warning, Two Cats
4. Go West, Young Man
5. Understanding That You Are Terrible With Numbers
6. Why Is It Important To Communicate?
7. The Bulls At Bloomsburg
8. Prove It, My Friend
9. All Things To All People
10. The Art Of Being Authentic
11. Make Me Proud, Become A Farmer
12. Boredom: A Man's Worst Enemy
13. Dehydration, Red Gatorade, And Gratitude
14. Some Ping Pong And Simon & Garfunkel
15. The Top Five Decisions That Determine A Man's Future (Part 1)
16. The Top Five Decisions That Determine A Man's Future (Part 2)
17. Balance, Cooperation, The Adventure, And Number 1
18. Private: Stay Out
19. War Horse
20. How Do We Decide What Is Right And Wrong?
21. What Does A Man Do When He Is Wrong?
22. When Good Bulls Go Bad
23. What Do We Do About God?
24. What Now?
25. The Talk

Father/Son Survey

[The Bull Team](#)

# Foreword

## To the Young Men

Welcome to the world of *Bull*. This book has been written to call you young males to step up and become men. There are not enough men in the world and because of this, the world is hurting. Girls need not apply, for the road ahead is not for females. We ask that you read 5-12 pages each week and answer some tough questions. Whether in an accountability group of other young males or on a journey with your dad or mentor, you will be challenged to look at life differently. The world teaches that males are simplistic, unable to feel, not real bright, aggressive, and also need to be told “No” a lot. We believe differently.

Those of us on the *Bull* team have a more positive view and we expect a lot. You are talented in ways that many are not. As a result, we need you to become a man, as well as part of our team. To do this, you must understand how you are made (your design), suck it up and develop yourself. The important issues of living life must be worked on. This will cause some sweat as you talk about certain subjects that you have never talked about before. Now, we are not God, so everything we say that we believe may not be right. We think it is. However, as a man, it is important and expected that you learn to think for yourself, which means, even if you agree with us, you must wrestle with the information that is presented until it becomes yours.

Any journey into manhood cannot be taken alone, so reading this by yourself is a start, but doing it with another person is the only way that manhood is developed. As two guys talk about how they live, both their similarities and differences will be understood. These discussions, which sharpen you, also create the sparks that ignite growth toward manhood. You must learn to express your disagreement, for it is important to share your opinions, sharpen your thoughts, and understand your manhood at deeper levels.

Males who read *Bull* will be from diverse backgrounds. Some will be living in different countries, with advantages and disadvantages with which you are unfamiliar. Life demands similar things, however, for a male to become a man. In this way, we are all expected to toughen up, make the right choices, develop strong relationships, fulfill our design, and be willing to fight for what is true. If you don't work to apply this adventure to your life in practical ways, all of what you are learning will have little or no effect on your journey; it will be like water rolling off a duck's back (*most countries have ducks*). For some of you, talking to your father about what counts in life will be familiar and comfortable. For others, this level of intense conversation will be a challenging experience for you and for your dad (or mentor). Pace yourselves, stretch a little each time, and it will get easier. When a man works to solidify his manhood, it will be affirmed by the other men in his life. It can't be bought nor can it be stolen; it is not achieved by simply saying you are a man. So, choose your manhood team and get to work!

This book has been written for young males - teenagers or older. It is never too early or too late to start the manhood process. If you are a young male, read this book and use it as a resource to help you prepare for your teenage years. This is one of two books that will outline the manhood journey. The second one is called *Being God's Man*. Whether you just read one book or read both, you will benefit. We believe that the *Bible* is true, and that it teaches us about God and how to have a relationship with Him. Our spiritual viewpoint will be expressed clearly. What you do with it is up to you. What is not okay is for you to ignore the spiritual aspect of yourself. You must personally discover the meaning of life. Once you find your life's meaning, you will use it as a focal point for your existence and as a standard to assess future life choices.

## To Fathers

We can't take anyone into the manhood journey further than we have gone ourselves, so you are expected to read ahead, prepare for the discussion, and be able to describe your beliefs and feelings in an honest and vulnerable way. It is important that you lead this most significant process well. This means that you are able to choose to do what is needed in order to heal the wounds that are a result of all that you did not receive from the adult males in your life. Knights of the 21<sup>st</sup> Century is a knighthood course for men. It has been used successfully in churches, schools, civic clubs, and prisons to help men, who have never been through a manhood process, gain insight into what a man is, how God made him, and what it means to be a man in the 21<sup>st</sup> century. As a supplement to this book, consider finding a group of men in your church or community with whom you can go on your own manhood walk. Knights of the 21<sup>st</sup> Century can help you with this quest. As you experience your own manhood experience, you will be even better prepared to help your son on his manhood journey.

Judges 13:8 states, "Then [a man named] Manoah prayed to the LORD. He said, 'Lord, I beg you to let the man of God you sent to us come again. He told us we would have a son. We want the man of God to teach us how to bring up the boy.'" You have been gifted with a son or a young male to mentor. There are few things in this world that are more important than doing a good job in this area. The future of your family, your legacy, and the world hinges on your dedication to this task. Go for it! Work on your own manhood journey and give a young male in your life the gift of manhood, which will help him long after your presence in his life has ended. We have developed a website that will be helpful in supporting both of you. Please register your intent to take your son into this program by emailing us at [bull@knightsofthe21stcentury.com](mailto:bull@knightsofthe21stcentury.com). We would like to help you succeed in this journey.

In the assignments at the end of each chapter, you will be asked to create an experience with your son in which you take ownership of the nature of your relationship so far. This frank conversation will create a "give and take" honesty that will set the stage for your son's manhood journey and prepare you both to take your relationship to deeper levels, should you

choose to add *Being God's Man* to your son's life. It may also be helpful for you to review the content of the survey found at the end of this book. You can prepare yourself for what is expected as you model, for your son, the importance of honest self-evaluation, the acceptance of imperfection as a necessary part of a growth process and the value that other men add to your life through their support.

At the end of *Being God's Man*, we will discuss a graduation program that will serve as the ceremony that initiates your son into manhood. Most of us have never had a ceremony that took us from childhood to manhood. There is a desire in all of us to achieve a level of responsibility that includes an expectation for adult behaviors and responses from a specific point on. *Bull* and *Being God's Man* create an opportunity for this to occur. Your involvement in this opportunity makes all the difference. The *Bull* team can set up a process for your male son to become a man, but your leadership will make this process happen. Tell him what you think, share your successes and failures with him, give him permission to be different from you, focus this time together on him, stick with him during his process of change, and may God bless your journey together.

## To All Readers

This book is aimed at communicating with those who are of the younger generation, sometimes known as “generation Y” or “echo boomers.” As such, the authors have purposely written in a manner that is closer to the spoken language of this younger generation, using colloquialisms and idiomatic speech patterns that are common. We believe that most young men may not want to read another book written in “textbook speak.” We have used the New International Reader's Version of the *Bible* when quoting verses. If you have questions regarding our beliefs, assumptions and motivations, please feel free to study our website at [knights21.com](http://knights21.com) or contact us by email at [bull@knightsofthe21stcentury.com](mailto:bull@knightsofthe21stcentury.com).

# Introduction

If the title of this book did its job, then you did what your parents taught you never to do, and judged a book by its cover. Let's face it, guys will always be guys; no matter how old they get, how mature they become, or how much wisdom and knowledge they have. There will always be a small part of us that likes things that are a bit, well, crude. So, being a guy, as you were sifting through all the books on all the shelves at the bookstore, looking for something that didn't have a title like *A Girl's Dream* or *One Romantic Night*, you stumbled across a book that had the potential to have a few concepts in it that were geared more towards manliness and things guys enjoy, rather than your typical romance novel or overly girly, made-up story where it ends with the words "happily ever after."

I am sad to inform you that this book is not meant to have another four letter word after it, but instead is short for *Bull Elephant*. That's right; this book was inspired by an elephant – go figure. For those of you who are still with me after realizing that this book's title is not what 99.99% of you thought it meant, we can discuss how and why this book got its title. One of the biggest mammals in the animal kingdom is the elephant. Elephants, believe it or not, are "pack" animals that tend to stay in groups or herds in order to help protect the weak and thrive as a unit. These massive creatures are very dependent on the group as a whole in order to survive. If the herd is not in sync, it breaks down, and elephants in the herd begin to die off. In most, if not all herds, there is a male elephant that is bigger, faster, and stronger than all of the other elephants. Over time, he has fought many other male elephants to prove his dominance and he has the scars to prove it. He mates with the females of the herd and is the father of the calves of the group. He is considered the top dog, the alpha male, the King Leonidas of his elephant community. He is the BULL Elephant.

For those of you who are *still* with me and have decided that you will give this book a chance at least into Chapter 1, I will continue on with my explanation for the title. I am not telling you to lift a bunch of weights, become massive, find a group of people, and beat up all of the men and

keep all the women for yourself (*as appealing as that might sound*). The bull elephant is more than a massive and intimidating force that scares all of the other elephants into submission and rules over them until he dies. You see, the bull elephant is as wise as he is massive, as smart as he is tough, and as loving as he is courageous. The bull elephant is what we young men should aspire to be: a leader. The bull elephant not only protects the herd from predators, but he teaches the younger males how to do the same. It is the bull elephant that is responsible for the survival of the herd through the next generation. If he fails to do his part and teach the younglings how to keep the herd as a cohesive unit, it will break down and will gradually die off during the younglings' time in power. However, if the bull teaches the young elephants the tools of his trade – responsibility, unity, courage, strength, honesty, and all of his other valuable attributes and personality traits, the herd will survive another generation and continue on its journey in the animal kingdom.

This book was inspired by the true events that took place in the late 1990s, as reported by the BBC News in February 2000, in a game park in eastern South Africa. Game park animals are taken from the wild and placed with other animals in protected game parks in hopes of attracting tourists and saving them from being poached. In this particular park, despite the efforts of the staff to keep all of the animals safe, they began noticing that the rhinos that were placed in the park were dying. Those in charge quickly started tracking down the cause of the rhino deaths. It turned out that it wasn't poachers, disease, or the inability of the rhinos to adapt to their home. Elephants were hunting them down and killing them.

The reason for these unusual deaths was not because elephants are natural born hunters of rhinoceroses, but for an entirely different reason. When taking animals from the wild and placing them in the preservation, the staff brought in 15-year-old elephants, which are considered to be adolescents in elephant years. Those in charge of the park decided that they would bring in six adult bull elephants to be the elders in the herd in hopes of stopping what these younger elephants were doing. It is not quite clear how this was communicated between the older elephants and their younger counterparts, but once the older males were brought in, the killing of rhinoceroses stopped. Somehow, these bull elephants



were able to communicate to the young male elephants that random violence towards other animals in the animal kingdom is not a necessary requirement for being a strong male. This is why listening to the Bulls in our life is so important; for if we fail to develop relationships with these types of role models, our youthful energy is likely to become misguided.

Very few males in our society are interested in becoming Bull Elephants. They are very relaxed within their herd, and feel that the role of the Bull is not really that important, or it is beyond their capabilities. They are focused more on the here and now and are not worried about the future. They look out for themselves and think that others should do the same: an every-man-for-himself mentality. They don't listen to others, don't think before speaking, and believe that they are never wrong. They talk a big talk, but when the herd is in danger they never "walk the walk." They are not afraid of hurting other members of the herd in order for their needs to be taken care of first. They think they are special and more important than others.

However, there are a growing number of men who are ready to become Bull Elephants. These men understand the importance of taking care of others and teaching young males the importance of leadership, courage, honesty, and integrity. They are willing to stand firm and do battle against the evil forces crashing in around them. They know that God has prepared them to protect their herd. These men are not afraid to die if it means serving a greater cause. They admit when they are wrong, and they take risks because they understand that these types of situations give them a chance to learn and grow. They understand that by venturing off into the unknown, they are helping their herd press on toward a greater future. They do not like sitting still. They believe a man should never be 100% comfortable, because if he is, it means that he is not doing everything that he could. They are always willing to put their lives on the line (both figuratively and literally) for the good of the herd, and expect nothing in return for their deeds. These men are the true Bull Elephants.

What happens in a world where there are no Bulls? We only have to look at inner-city gangs to see what happens when there are no men who serve as positive role models. Left to their own devices, young males move in

the direction of violence, as it is considered manly. Manhood is then diminished to the lowest common denominator because the young males do not understand how to set standards for themselves without positive role models. Self-improvement is put aside, because long-term thinking appears to be irrelevant. What feels good at this moment, no matter how harmful it could be to himself and others, is what takes precedence over doing the right thing in the face of wrongdoing.

As Bull Elephants guide their young, so did Paul guide the youthful Timothy. 1 Timothy 4:12 states, “Don’t let anyone look down on you because you are young. Set an example for the believers in what you say and in how you live. Also set an example in how you love and in what you believe. Show the believers how to be pure.” In order to become a youthful leader such as this, you need to find Bull Elephants who you can respect. In 1 Timothy 3, it states, “If anyone wants to be a leader in the church, he wants to do a good work for God and people.” As a young man, you should seek to become the leader that God has called you to be. The end of this story is that someday, you will grow tusks and become a Bull Elephant to others who need your leadership.

When does the journey to becoming a Bull Elephant begin? The answer is “now.” Applying what you learn from this book regarding life’s truths helps you start this journey. What is true in the animal kingdom holds true in our lives as men: It is only a matter of time before those who observe you begin to exclaim that you are a man who deserves respect. By following in the footsteps of the Bulls before us, one day, we too will become powerful leaders of men.

THIS IS A SAMPLE. SOME PAGES HAVE BEEN OMITTED.

# Huc Venite Pueri Ut Viri Sitis: “Here Enter Boys To Become Men”



Being a young man, I grew up with a bit of a chip on my shoulder. If I was a betting man, I'd say chances are you did as well. Let's face it, young men have it really hard in our society, and what's worse is that few people ever recognize our daily struggles. Everyone is always focused on other things like bullying in schools, helping kids reach their goal of a higher education, animal rights campaigns, anti-deforestation committees, and so on. Our nation has come to the conclusion that “boys will be boys” and that what you see is what you get. We are seen as nothing more than walking drones, with the emotional capacity of a paper bag, who run around outside, get muddy, play sports, spit, and fish.

As it turns out, young men have it pretty hard. We are hard-wired to be extremely curious, and from our first second on this planet, we are exploring, whether our exploration is for hidden treasure, a friend, a wife, truth, or knowledge. Sadly, a lot of young men are not surrounded by Bull Elephants who teach them core values, honesty, integrity, and truth. We are forced to venture off on our own and figure this world out for ourselves. When we are taught something, it is the skewed vision of our weakened society and not the caveman instinct that is inside each of us. In school, we are scolded for not being able to sit still; in church, we are forced to hold hands and sing songs about a strange man who hangs out with sheep and are rarely taught the manly side of Jesus. You know Jesus, the guy who fought back against those who were corrupting the church, the man who spent 30 days alone in the desert, and the man who was

willing to die for each and every one of us. Our parents quickly lash out at us when we come home muddy, and we are punished for being “too aggressive” in sports. Young boys are given opposite messages: They are not told how they can express their feelings or beliefs in a manly way, so they use their fists instead. At the same time they are reprimanded for being too physical and they are also told that they need to express their emotions through communication rather than physical confrontation. Many of our male role models remain silent, so it is no wonder why these young boys have no clue how to act.

Testicular fortitude is an attribute that many adults forget to teach young men when forging them into adults. Boys and young men need to be taught to stand up for themselves, protect those they love, and remain steadfast in the face of evil. This courage, this drive to do the right thing and not be scared of what others will say, is simply left out of the equation. As young boys are pushed down the assembly line of life, the authority figures decide that it is too time-consuming and costly to add in courage while helping them build character. When we come off the assembly line, we look like we should and are worthy of our place in the display case as handsome young men. But something under the hood is missing and in a few year's time, people really start to notice that these machines are running poorly.

I am not saying that we learn nothing in school or from our teachers and coaches; however, there are no classes that teach boys how to become men. So, instead, we turn toward boys who are older than us, watch them, and ask them for advice. Sadly, we have no idea that our authority figures skipped courage when developing them as well. These guys have no clue that their authority figures are too scared to discipline them. They treat the young males around them in simplistic ways. These boys are treated like delicate flowers and are never disciplined; their exception is that it might damage them. They are dumbed down and not expected to know what their God-given design is, let alone develop it. This lack of discipline leads young boys to a life with little to no self-control, self-respect, or ability to accomplish the goals that could stretch them toward becoming men. Luckily, there are a growing number of men who are going back to their caveman roots, preaching the Word of God, and teaching these

impressionable young boys what it truly means to become a man, and more importantly, a man of God. There is no mathematical equation, scientific method or specific formula for creating the ultimate man of God, and this leads many people to choose to avoid the daunting challenge of mentoring young boys. To father or mentor properly, those who are older must become personally involved. Our male society has become scared of the difficult task of helping young males become men. They cannot possibly teach these young boys courage, integrity, honesty, love, passion, and what it takes to be a man. They would rather hide behind excuses such as “it takes too much time,” or “maybe later,” or “someone else will take care of it.” Sadly, along with useless excuses that do not cut it, the males in our society blame these young boys for their inadequacy as leaders. Some authority figures try to sell the idea that there is something screwed up with today’s youth, and it is just too difficult to teach them any differently. These fathers and mentors cover up for their lack of manhood by shifting the responsibility for these young males, placing it solely on their sons. They hide behind excuses when reality is much different. It’s time for more men to step up to the plate and start to prepare these young boys for battle, to sculpt them into hardened warriors, and to turn them into men of God. Fathers and mentors who become part of this manhood journey will prove that a new way is possible.

During my senior year of high school, I decided to try out for the school track team. The head coach and distance coach was a man by the name of Charles Harrison, or Coach, as I call him. A United States Marine with an intimidating disposition and extremely high standards, Coach was the ultimate role model. Coach Harrison was the first Bull in my life outside of my family. You see, this man was such a strong example of a leader to me, that now, several years after running for him, I still refer to him as Coach. The amount of respect this man earned from me is shown in my inability to call him by his first name or even Mr. Harrison. He doesn’t ask me to call him Coach, but it is hard-wired in me. This Bull Elephant is seen so highly in my eyes that I can’t shake the true image of him – a true leader, my coach. So, to all of you males out there who have a slight heartache, wishing that someone, somewhere, would look up to you; it’s as simple as being a Bull Elephant.

As a competitor, I wanted to run for Coach Harrison, knowing that he would push me towards accomplishments that I could define as great. Very quickly, I found myself as one of the legs for our 4x800 (referred to as 4x8 in track and field) meter relay team. Coach required us to start our training in November, for a season that only began the following March. As we approached the tail end of our season, our relay team was on the verge of making it to the Pennsylvania State Track & Field Meet, a pinnacle event in track and field. This is an annual invitational meet for only the top runners, throwers, and jumpers in Pennsylvania; it is an event that very few kids from my high school were ever invited to attend. Coach did everything by the numbers (from carbohydrate intake to the amount of water we should be drinking every day to the exact mileage and time that we needed to run each day) and made sure our 4x8 relay team was right on track (*no pun intended*) with where we needed to be. As we approached the races to qualify for the state meet, we had to pick up our training a bit, which meant long runs on Saturdays (up to 10 miles). It was my last long Saturday run before our team's final season meet and the final determining factor on which our selection for the state meet hinged.

Five miles out, five miles back. *Easy enough, right?* As I started out on my run, I noticed that the sky was growing rather dark, the wind was picking up just a bit, and I swear I heard the voice of Mother Nature saying "Just turn back, kid." However, I told myself I'd beat the storm, be back before the heavy rain came, and that Mother Nature was just a big talker and didn't really mean what she said. I was in the flow of my run, very relaxed and feeling at peace. That is, until I hit mile 5 and turned around. At that very moment, Mother Nature decided that any young buck who wasn't intimidated by her soft words of warning needed to be forced into submission with her iron fist, which came in the form of rain, wind, hail, thunder, and lightning.

After running for Coach for a number of months, I was starting to be as hard-nosed as he was and I was not going to let Mother Nature prevent me from completing my training for the day. I told her to kiss my back side and continued running back toward home. When I reached mile 7 or 8, I quickly learned that Mother Nature is easily offended and she will make you pay for insulting her. The wind, rain, and hail continued to

pick up, quite dramatically, to the point where I could not see more than a foot in front of me. Finally, after what seemed like hours, bogged down by my soaking wet clothes, waterlogged shoes, and a rather “annoyed” attitude in respect to Mother Nature, I saw a truck, and just assumed that the driver would pick me up because of how awful the storm was. Well, apparently Mother Nature called the driver of this truck, told him how terrible of a person I was, and advised him to stay away from me or she’d come after him as well. Needless to say, the driver of the truck didn’t stop, or even slow down; he just drove right on by.

That next Monday as I walked into Coach’s office, he asked me how my run in the hail storm was. Still a bit upset about my luck, I quickly fired back, asking him how he knew when I was on my run. He, calmly and with a sheepish grin on his face, explained to me, that he was the person in the truck who drove by me without showing any intention of slowing down or picking me up. How on earth could this man drive by me in that kind of weather and not pick me up?! His answer was simple, “There is no such thing as bad weather, just weak people.” After a few choice words that I won’t repeat to you, I stormed out of his room thinking he was nothing more than a lunatic who was probably suffering from Post Traumatic Stress Disorder (PTSD) and needed prompt psychological help. But Coach wasn’t insane; he was a Bull Elephant.

He made me run in the worst conditions to make certain I was prepared to be even that much better when I was running in excellent conditions. You see, Coach knew that this ten-mile run had very little impact on my physical strength when it was added to the hundreds of miles that I had already run during that season. What he wanted me to develop was mental toughness. He understood that, in my epic battle against Mother Nature, I could have cut my run short, been driven home, and I would have missed out on a mile or two of training *or* I could stick it out, suck it up, and develop the mental toughness that was needed for the final, most challenging days of my season. Our 4x8 relay team made it to the state meet and set the school record in the process, all thanks to my Coach, this Bull, and what he taught us.



I told you this story to encourage you to face life like Coach made me face the weather. Do not let life, and those in it, intimidate you. With willpower, determination, courage, and trust in God, you can face any of life's hail storms, run through them, and go on to accomplish great things. A man learns to suck up the pain in order to reach his goals. James 1: 2-5 states,

My brothers and sisters, you will face all kinds of trouble. When you do, think of it as pure joy. Your faith will be put to the test. You know that when that happens it will produce in you the strength to continue. The strength to keep going must be allowed to finish its work. Then you will be all you should be. You will have everything you need. If any of you need wisdom, ask God for it. He will give it to you. God gives freely to everyone. He doesn't find fault.

I encourage you to face life's trials and hardships like I eventually embraced the storm. Have faith in God and understand that when He tests your faith, you are gaining stamina. When you make it through any hardship in life, you are building endurance to run through the next obstacle that life throws your way. I trained for months under Coach for a race that took me less than two minutes. Why? Because men understand that the triumph greatly outweighs the pain and suffering that you endure in order to prepare for the race. You will also find this to be true for your manhood journey; all the pain and suffering that you experience along the way will be well worth it once you achieve manhood.

# Manhood Discussion - Chapter 1

1. What are you angry about that is occurring around you? Is there something that you do that makes life more difficult?
2. Identify five core values that a man should consider when making a decision. Identify a person who lives according to each principle. Identify a person who violates each of these principles.
3. How would each of you define the phrase “men of God?” Is this a goal that you have for yourself?
4. Identify a storm in life during which you had to “gut it out” in order to get through it in a manly manner. Share a possible storm or two that you both may face in the future. Who can you rely on to help you through these challenging times?
5. James 1:2-5 states,

My brothers and sisters, you will face all kinds of trouble. When you do, think of it as pure joy. Your faith will be put to the test. You know that when that happens it will produce in you the strength to continue. The strength to keep going must be allowed to finish its work. Then you will be all you should be. You will have everything you need. If any of you need wisdom, ask God for it. He will give it to you. God gives freely to everyone. He doesn't find fault.

Apply these *Bible* verses to your discussion of this chapter. How is the building up of wisdom connected to the trials you experience in life?

THIS IS A SAMPLE. SOME PAGES HAVE BEEN OMITTED.

# The Bull Team

Author: Mitchell P. Davis - graduated from Bloomsburg University. Mitch comes from a rich heritage of veteran missionaries. Both sets of grandparents spent their careers in Asia with the Christian and Missionary Alliance. As a constant reminder, his middle name, Paul, is the first name of both of his grandfathers. Mitch's parents met as missionary kids in boarding school. Throughout his childhood, he has experienced not only the food of south-east Asia, but many travelers coming through his home from all over the world sharing stories, food, music and memories. Mitchell was raised in the Lancaster Evangelical Free Church and attended Eastern Lebanon County public schools before embarking on his higher education. He developed lasting friendships throughout his education at ELCO and Bloomsburg.

Mitch is an only child and comes from a small, but tight-knit, extended family. He experienced excellent loving adult interactions from the time he could communicate and is thankful to all for their investment in his growth and development. He is beyond grateful for the constant prayers of his grandmothers, Grandma Phyl (now with God), and Dot Dot (still on her exercise bike praying every morning). Mitch is thankful for his parents who raised him with their full attention and unconditional love. Both work in the social services field, which may have contributed to their consistent encouragement for him to communicate his thoughts, feelings and beliefs from the time he learned to talk. Mitch enjoys reading, pushing himself in self-discipline, and has developed a passion for writing.

Mitch would like to thank his team of close friends:

Alex Wolfe and Gabe Wertz - Thanks for all the deep and meaningful conversations throughout the years. You were two guys who I could count on while growing up.

Blake Harris - Thanks for being there, by my side, in middle school, high school, and college. Your quiet presence has always been grounding. We walked at high school graduation side-by-side and again four years later at Bloomsburg.

Sean Duffy - If it weren't for you, my senior year of college would've been much harder than it was. Thanks for always being there, no matter what my request was. I'll never forget our days down by the river or late at night, studying. But most importantly, I will never forget your unwavering trust.

Jack Risser - You know my best qualities, and you know my worst. Thanks for always having a listening ear and more importantly, thanks for holding me to high standards and keeping me on the path of manhood.

Jamie Severini - Since I've known you, I cannot think of a time you were not there for me. You placed me first and never asked for anything in return. You were my copilot through the last two years of college. If it were not for you and your unwavering friendship, my ship might have hit some damaging icebergs.

I'm happy God put you all in my life. I love you all as brothers and look forward to the adventures yet to come. You all taught me how to be a better man, and I thank you for that.

Author: Dr. Roy Smith - has worked for over 30 years as a psychologist/counselor to men and their families. During this time, he has come to appreciate the manhood journey, as many men have come into the counseling environment in order to better themselves. It has often been quite clear that many men would like to do what is right for themselves and their families, if they could understand the "how" and the "why" of the changes that are necessary and are coached accordingly. The Knights of the 21<sup>st</sup> Century program/organization has been developed to help men grow and lead effectively in an effort to positively change our culture. The program provides tools that are designed to help men begin to see the beauty of their design, develop their giftedness, and appreciate the presence of their Creator in their lives. *Bull* is a new addition to the resources that Knights of the 21<sup>st</sup> Century offers. *Bull* is written for young men with the hope that fathers will also read it along with their sons and contribute to the father-son manhood growth process in new ways. Roy hopes his contribution to this book will be as preventative as it is restorative. Knights of the 21<sup>st</sup> Century offers the following additional resources: *The Heroic Man's Journey*, a 5-year series (24 lessons per year) focused on manhood; *Initiation - Starting Your Knighthood Team*, a 6-lesson series focused on developing men into the leaders God has called them to be; *Fighting For Your Manhood*, an 8-lesson series focused on fully understanding who you are as a man, the special mission that God has called you to participate in, and the impact on the world that you are expected to make; *Being God's Man* explores what it means to be God's man and to reflect Jesus Christ to others on a daily basis.

Roy's dream is to assist the Christian church to reach out in practical ways to those who have felt unaccepted. His goal is to demonstrate through this

material that the *Bible's* truth, when applied to a life, will lead a person to greater heights of self-fulfillment, while pointing to the necessity of a daily God-man relationship. Roy has relied on the learning that is based on his early history with multiple church environments that were both good and bad for the creation of this material. As a minister's kid, he experienced good *Bible* teaching, as well as imperfection in the ways that those who claimed to be connected to God applied it.

Roy has a Master of Divinity degree and a Master's and Doctorate degree in Clinical Psychology, all of which have contributed to the content of this book. He is ordained through the Evangelical Church Alliance. He has dedicated over 30 years of his growth journey to active involvement in his own personal therapy experience and growth group experience. He reads continually in the area of personal/spiritual growth. As a licensed psychologist, certified addictions counselor, and a certified employee assistance professional, Roy has worked with a variety of men's issues.

Roy would describe himself as a lucky man because of his marriage to Jan, who is also a therapist, and because of her ongoing support for many of his idealistic "windmill attacks." His daughter, Kim, has taught him in many ways, while his son, Nick, in dealing with his own autism and Down Syndrome, has shown him the practical earthiness that life brings. Pennsylvania Counseling Services (PCS) was started in Roy's living room over 30 years ago; PCS has allowed him to receive helpful input from thousands of clients and therapists, as they have dealt with a full range of life issues on an ongoing basis.

His longtime special friends, Ruthie and Jon Davis, Becki and Don Hager, Barb and Dave Sabo, along with his new friends Keith and Lynn Walker, Clair Hoover, Director of Team Development and his wife, Bonnie, and Brian Martin, Director of Ministry Outreach and his wife, Christine, have encouraged this latest venture which is aimed toward helping males learn how to become men. Sherri Haldeman has typed for many hours. Her work and support has been much appreciated. Lou Picchio, MD, has been a challenging and supportive mentor for over 20 years. Nate Brosius, Mitch Davis, Mike Ernest, John Grisbacher, Matthew McBride, Alex McBride, Cody McBride, David Miller, Duane Miller, Tim Nicklas, Kerry Sabo, Derick Schoenly, Mark Walters, and Preston Schoenly give him hope for the future of manhood. He would also like to thank Rich Galutia, Justin Ashcraft, Mitch Hanna, Denny Geib, Ralph Eib, Clair Hoover, Jay Scott, Steve Sabol, Steve Muller, Floyd Soule, Jim Whiteman, and Bill Zeamer,

from the Lives Changed by Christ (LCBC) Men's Ministry Leadership Team, for their dedication and support of Knights of the 21<sup>st</sup> Century.

Roy has had the privilege of sitting under many pastors who have taught, led, and provided good examples of what the church should be, including Chuck Swindoll, formerly of First Evangelical Free Church of Fullerton, Dave Martin, formerly of Evangelical Free Church of Hershey, and his present pastors, Pastor Jim Whiteman and Senior Pastor David Ashcraft of Lives Changed By Christ Church, who have all taught the *Bible* and its application well. Last, but not least, is Pastor Stephen Sabol, who offers a daily dose of free encouragement and wisdom through his "Thought for the Day" emails. To sign up, visit our website at [knightsofthe21stcentury.com](http://knightsofthe21stcentury.com).

**Editor: Barb Sabo** - is a longtime friend and co-worker of Roy Smith's, who has worked in various capacities with Pennsylvania Counseling Services for over 20 years. Her gradually evolving role as an editor of the Knights of the 21<sup>st</sup> Century program materials had its beginnings on her front porch with a "pink pen" in hand. She does not attend Knights, but perhaps lends a subtle female perspective, at times, to the material without the intention to do so.

The men in her life are at various points of what this program defines as the journey to "knighthood." Her father would, at unpredictable times, respond relationally as a knight. Within the last few years, her brother has begun the long and very difficult journey towards knighthood, a journey for which he has had few role models, but is pursuing in earnest on a daily basis.

Her husband, Dave, has quite naturally and sometimes effortlessly, it seems, become the knight to her that few men with whom she has relationships have been. Her son, Kerry, has the natural tenderness that women hope for from the knights in their lives, and he is gradually learning about the differences between males and men. The editing skills that are a "part of her being" belong to her mom ... and it is with love and hope that these skills are shared with all of the men who hope and aim to become knights.

**Copy Editor: Laura Cramer** - is a sophomore at University of Pittsburgh, studying neuroscience.

**Copy Editor: Trisha Hocker** - graduated from Lebanon Valley College with a Bachelor's degree in Business Administration/Management.



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