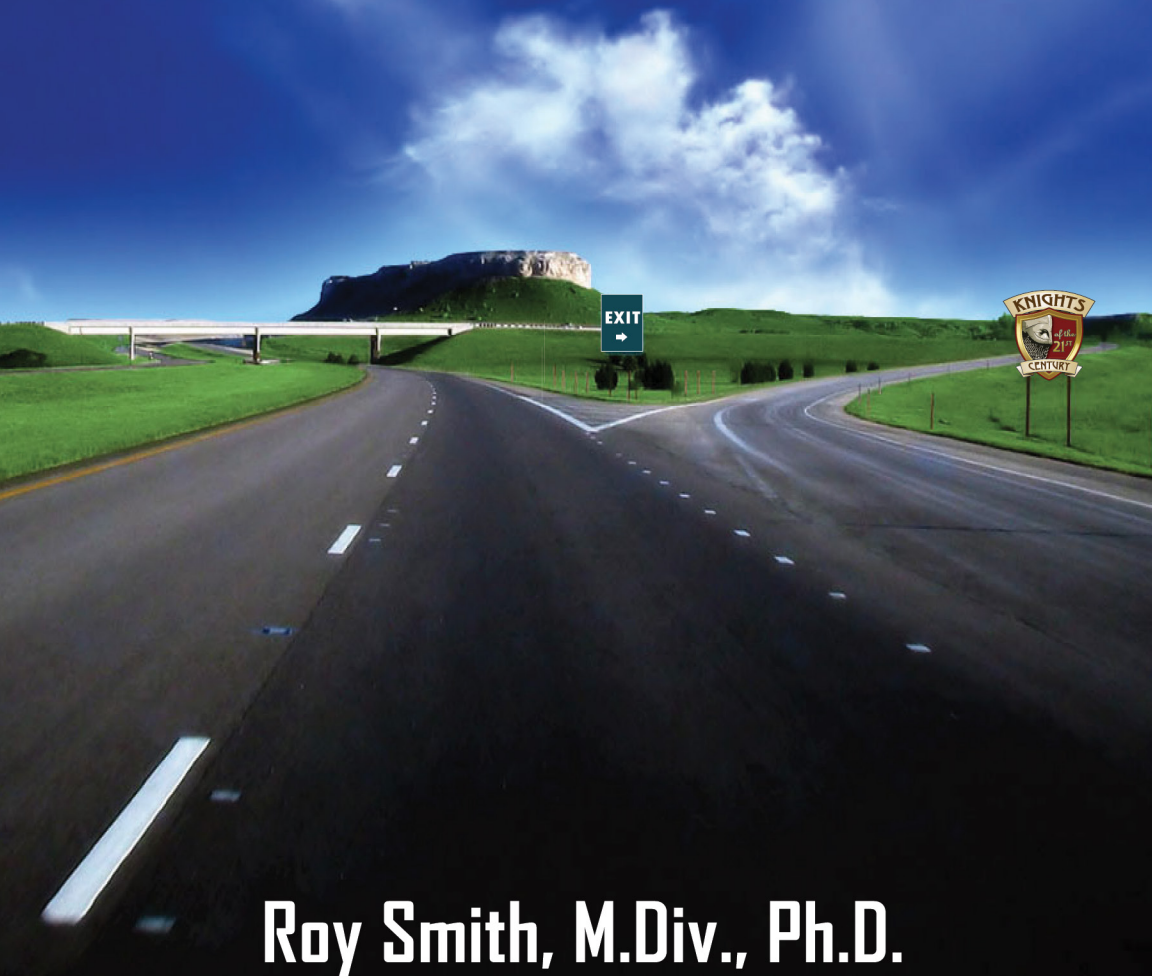


MANHOOD JOURNEY

Start Out Right



Roy Smith, M.Div., Ph.D.



Manhood Journey

Start Out Right

Our Mission

A man always needs a place to meet with other men to talk honestly about himself and life. The pace of daily activities is such that a man can easily make life into a list, himself into a machine to do the list, and the people around him evaluated only in relationship to the list that must be done. Men who gather for fun, a teaching challenge, and a campfire time of sharing, encourage each other to move beyond this style of living. A time for growth, self-reflection and relationship support helps men hold each other accountable and fulfill their potential at higher levels by first learning to change and lead themselves. Men who lead themselves in better ways are then able to lead those they love and more positively affect the culture in which they live. Let us commit together, right now, to becoming heroic men who make a difference in the 21st century.

Please Help Support Our Mission...

The importance of men's ministry is significant because it is going to take real men to change the culture. There are men who willingly accept the changes God desires for them and join collectively with each other to make a difference in our world. Currently, Knights of the 21st Century is spending more financial resources for this mission than we are receiving. We would appreciate any way that you feel led by God to assist us with our mission to influence men in ways that support and encourage them to become Godly men who impact our world for Him. Please send donations to:

Servant's Oasis – 200 N. 7th Street – Lebanon, PA 17046

Our mission is supported by this 501c3 (non-profit). We appreciate your assistance and will send you a receipt.

ISBN: 978-0-9842094-5-3

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Preface

This book has taken over seven years to finish; there has been an amazing number of employee hours invested in it, and it has been through numerous revisions (as described in “Manhood Journey: A Labor Of Love”). Why such an investment? First, I believe God told me to climb this mountain, and through this process of digesting what I see in life around me, God has helped me grow spiritually. As a man who grew up in a home that taught the Bible well, but did not live it in essential ways, I have always been intrigued by our collective inability to express our faith in ways that are congruent with what Jesus Christ teaches us, and my own manhood journey has motivated me to figure out the factors (different ways our sin harms us) which limit our ability to fully internalize and express our faith through our actions. I chose to not only pursue a Master’s of Divinity degree, which led me to becoming an ordained minister, but also to pursue both a Master’s degree and a Doctorate degree in the field of psychology. As a man with a quest to understand myself and my Creator, God has used my early history, education and belief in Him to forge and refine the kind of man I am today.

As we share our faith, why is one of the primary reasons that people give for not accepting Jesus, “all Christians are _____”? God has shown me, as we have communed over this project, that He designed us in a series of building blocks, each element of which needs to be redeemed. This means that a man not only has to seek God’s help from a global perspective, but he must also ask God to empower him specifically, as an individual. Ignorance is *not* bliss; our inability

to open up our various internal compartments to God, limits our spiritual strength on a daily basis. We are defeated more often than we need to be because of our inability to be open to the Holy Spirit's influence in very intimate areas of who we are. Sadly, we aren't even aware of many of the elements that make us who we are, even though God designed us in this way.

The second factor that has contributed to the decision to make such a large investment in time and money is *you*. As a believer, you are often pushed into a corner or crushed, which the ungodly culture prefers, and because of that, you stay quiet. Unfortunately, except for our periodic complaints to a Christian brother, we have too often complied with what our culture expects from us. We are reaping the consequences of what happens when Christians "take care of" themselves, remain passive and become docile through our application of the words *tolerance* or *political correctness*. God wants you to develop all of your potential and use it so that, as His representative, His truth can be known.

God needs men! He already has too many males who claim to follow Him. He calls us to first make a commitment to walk with Him daily, secondly to make the changes, external and internal, that will transform us from being males who simply believe in Him to men who are willing to fight for Him and love others as He loves us. Despite his love for us, the passivity that most of us express in regard to fulfilling His purpose for us infuriates Him. We claim to love our families, even as we fail to invest our time in the changes that are needed to define the bigger picture in positive ways, which means leaving our families and our children to a culture that will chew them up, when we die.

We are surrounded with males who are attempting to become men in ungodly ways. This has contributed to a male identity crisis within our culture which has elevated the dangers of the world to new heights. At the same time, many males are bored. As men of God, we must find the mission that God has called us to and "get it done with God." *Manhood Journey* is an investment in *you*! We have hope that

you will develop your God-given design and your full potential, and when you fight for God's kingdom, you are ready to win. God calls you to be His man, at this moment in history. We believe that *sanctification* is a theological term which can be used to describe manhood. God is calling us to be His servants and to complete what He asks us to do, according to His will for our lives.

I was reading *Manhood Journey* the other day (*yet another time*) and as I read, I prayed, over each chapter. A manly tear slid from my eye when I realized I didn't write this book, but with God's help, a team of us wrote this book—over a seven-year period. I can't remember whose ideas were whose. What I have seen is God's intervention in all of our lives as we worked on it, over time.

In order for our collective investment in *Manhood Journey* to be successful in a single male's life, or in how it impacts the world, the "he" has to become a "we." It is clear that this must occur in a man's family, work and church environments. Males need men to call them up and encourage them to become men. Our hope is that we can connect our "we" with your "we," so that together, we can be used by God to make a difference!

Introduction

The Adventure Begins

Welcome to *Manhood Journey*, where an exciting adventure is about to begin. By engaging with the concepts in this book, you can learn much about God's definition of manhood and who you are, as a man. If you are willing, you will be challenged toward new heights of manhood. What counts is not whether we agree on everything but that you become a more complete man as a result of discovering and exploring the manhood God designed for you. If you read this book in its entirety and discuss it with others, your faith will be deepened and your manhood will be developed further. Reading is a challenge for many men. I encourage you to read a page or two at a time, giving yourself full permission to remember only what you can—one concept at a time. The various elements of the manhood journey have been broken down into steps, which are explained thoroughly within each chapter. *Manhood Journey* can be approached like you would a spiritual boot camp, which challenges you to take incremental steps toward the development of a manly strength of character. As you read, acknowledge your inner thoughts, prepare yourself to achieve the gift of manhood and open up your heart and mind; all of these manly efforts make it possible for you to hear God speaking to you and help you listen for the positive comments from others regarding the changes you are making in your life.

Reading this book will not make you better looking, but your relationships and your satisfaction in life will improve. There are three factors that will increase the likelihood of your success on the path to manhood.

1 Knights of the 21st Century, a program created to bring men together to learn how to become heroic leaders, has introduced a number of men's ministry curriculum programs based on the concepts in the original manuscript of this book. One of these curriculum programs is *The Heroic Man's Journey*—a 5-year program which teaches males how they can become men of God; thousands of men have shared their inspiring, life-transforming stories describing the impact of their involvement in the Knights program. They have experienced positive changes and relational healing throughout their lives, which has motivated them to continue to participate in each subsequent year of this 5-year program. This Knights curriculum series has continually influenced men toward success in their relationships and their manhood journey.

2 You are unique, and you are valuable. While you may not recognize your own giftedness, I do know that if you are willing to embark on the manhood journey, you will develop a well-informed perspective regarding life and how God designed you; you will understand the complexity of who you are, and you will learn how to use it to become a better man for God and for those you love. God has created you with a specific design that fits perfectly with His plan for your life. It is invigorating and meaningful to live in tune with what God called you *to be* and what God called you *to do*. Be passionate about what God wants from you and what you were made to be in your relationship with Him. As you, along with other men, progress toward manhood you will become aware that your deepest spiritual needs are being met and your effectiveness, as a man, is increasing.

3 God has a plan for you. His plan has led you to this particular moment. You have many special relationships in which your Christ-like presence is needed to maximize the satisfaction of all. If you choose to follow Christ's guidance, great things can happen! God created you for His purpose; He wants to finish the good work He has begun in you (Philippians 1:6). God is always available and ready to empower you, if you simply ask. The good work that God promises can be yours if you walk this manhood path "by faith, not by sight" (2 Corinthians 5:7 NIV).¹

You have internal conversations with yourself all day long. Over time, your repeated thoughts and actions develop into patterns, some of which are positive and some of which are negative. The Knights of the 21st Century program teaches men how to change these negative thought patterns and conversations and provides them with a new manhood language which empowers them to become men of action. Learning new ways of thinking and acting does not take place overnight. The first act of manhood is to stick with it! You will have many excuses for not participating in the manhood journey, but God wants you to become the man He has called you to be. Your world needs you to be God's man. Your family craves your manly leadership. Your friends will celebrate it. You know, deep down inside, that you want to become God's man. If you ask God to help you, He will give you the strength to be His man. Remember, excuses are the nails in the house of failure!

By presenting the *Manhood Journey* concepts in two different editions, a reader's edition and a story edition, we have purposely created two options for digesting the manhood concepts; this allows those who want the challenge of reading more in-depth material to participate with men whose reading skills or interests may be more limited. Each chapter contains a more complex discussion of the chapter

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material, which is followed by “A Manhood Story.” Each story is about a group of men who are part of a Knights chapter that is studying *The Heroic Man’s Journey* curriculum and who struggle with some of the same issues that we all experience. The “Bricks” (listed at the end of each chapter) summarize the foundational chapter points of *Manhood Journey*. A “Campfire Discussion” is included at the end of each chapter. In this section, there are questions which can be used to encourage the men in each group to consider how they can apply the manhood concepts to their lives; the questions are also meant to elicit healthy discussion, disagreement and support as each person wrestles with applying the manhood concepts and begins to change, while being part of a group interaction.

Manhood Journey is comprised of several volumes, meant to be read consecutively, as the concepts in each one are integrated with the next. The more challenging chapters are the ones that outline abstract processes related to the manhood journey. Other chapters describe practical, more concrete concepts related to specific aspects of your manhood. We will look at who a man is from a holistic perspective. The 15 Principles of Manhood[‡] are described; these principles provide a backdrop for how a man, with God’s help, can live in spiritually productive ways. A man needs to learn to recognize the various aspects of God’s design for him, and he must put them into action in positive ways because this allows him to honor God through his daily decisions. The first volume describes the importance of a man’s culture, what is expected of him and how he can, within the context of his team of men, actualize God’s call for his life.

We believe that the Bible is the inspired, inerrant Word of God. The Bible verses that are included are used in the following ways: to directly support a specific point; to provide an example from Biblical history; to provide a Biblical foundation for what is being discussed; to stimulate your thinking about a related concept. The Bible is in-

‡ The complete list of the “15 Principles of Manhood” is available in Appendix B, or visit <http://bit.ly/principlesofmanhood> to view the images we have associated with the 15 Principles of Manhood.

fallible; our human understanding of its use is not. Every effort has been made to interpret the Bible accurately; we recommend that you look up each verse, read it and consider how it applies to what you are reading and to your manhood journey.

The journey toward manhood is not a race. It is an ongoing climb through the rugged issues and concepts that must be considered if you choose to develop your manhood. Before you begin reading, we encourage you to complete the “Manhood Inventory,” a survey found in Appendix A. Complete it again after you finish reading each volume. It will help you see how much you have changed as a result of your efforts to understand who God designed you to be. Work steadily but at your own pace. If you hit an area that is difficult to understand, slow down, ask questions and discuss the concepts with others. Sometimes, when we courageously explore whatever causes our minds to block up, we experience the greatest levels of change, because we discover the power God can have in our lives. Experience the benefits that result from the Godly choices you are about to make on your manhood journey. Let the manhood adventure begin!

Chapter 1

Developing Your Manhood Team

Step 1

Despite mankind's many successes, from putting a man on the moon to exploring the depths of the oceans, there are several important aspects of our society that have begun to disappear. Much like the extinction of the dinosaurs, a number of the most significant pillars of human society are slowly eroding. As our culture focuses on global changes, like the rapid advancement of technology, the more personal value of true manhood loses importance. Because of this cultural shift, the meeting places for men have changed and a man's ability to experience life with other men in meaningful ways has been lost.

The Campfire

A man's positive relationships with other men lies at the core of true manhood. Men benefit from sitting with other men to discuss the deeper issues of life. Over the course of history, whether they were soldiers under George Washington, students of Socrates, or followers of Jesus Christ the Carpenter, men have gathered to discuss ideas, strategies and viewpoints. This type of experience, reminiscent of a campfire, allows men to quiet themselves long enough to talk to others and take ownership of some of their deepest thoughts and feelings. When men share and support each other, it equips them for dealing with the challenges of life.¹ Men can use what they discover during these types of interactive experiences to further develop their potential. A male's frequent tendency to walk life's path alone

1 Proverbs 27:17

hurts him at deep levels; because of the solitary nature of his walk, he fails to discover his significance and his specific role within the community.² Failing to find their value, males become numb while attempting to live life as simply as possible, often in robotic ways. Every day feels the same; they are often bored.³ They have lost their ability to feel their passion and apply it. Manhood eludes them as they constantly choose to take the easy way through life. God designed males to become much more than most males are expressing.

Regardless of how the very first “campfire” occurred, it became an important place for men to gather and talk about what matters in life. The process of interacting with others is necessary if a man is to become all that he can be. Despite the presence of tobacco and alcohol at some of these gatherings, many men did not need these substances in order for a good discussion to occur. What mattered most was the personal interface with other men, which helped them to understand themselves better and prepared them to face the challenges of life. Within a natural, honest campfire-like setting, men often choose to share the wisdom they have gained from the lessons of life. If men do not choose to pause their busy lives and spend time together, they don’t slow down enough to think and feel at deeper levels.⁴ As a result, many males have lost themselves in the busyness of shallow, seemingly meaningless lives.

The motivation to change is often the result of being willing to open up deep compartments (or closets) within ourselves and allow God to influence our lives and our relationships. Only when these internal compartments are discovered and our inner workings are acknowledged and examined can we begin to grow. We need to allow God to influence each part of who we are. This is difficult to do without becoming aware of our own depth and complexity. When a man doesn’t understand his internal compartments, the contents have a greater influence on the decisions he makes, much of which he often doesn’t realize. An array of internal and external elements constant-

2 Proverbs 18:1; Hebrews 10:24-25

3 Ecclesiastes 1:2-10; 2:1-11

4 Luke 14:16-20

ly guide his thoughts and actions. In order to be fully responsible for himself and his life, a man is called to analyze his internal motiva-

The motivation to change is often the result of being willing to open up deep compartments (or closets) within ourselves and allow God to influence our lives and our relationships.

tions, as well as the messages that he receives from others. By practicing responsibility in this way and through participating in regular dialogue with other men, a man will learn to have courage in the midst of life's inevitable challenges. By under-

standing himself better, he will strengthen his weaknesses and become the man God designed him to be. It is only when he finds and follows God's plan for his life that he can experience true satisfaction.

Fireside Dialogue

What was talked about during these types of "campfire" experiences?

- 1** Life in general was discussed; they talked about their hunting, how it was going and whether they could provide for themselves and others, and the search for resources to live life well.
- 2** They shared their personal histories and experiences, including the lessons that they learned from their earlier experiences. This sharing was used for the good of all, as a means of preparing for a better future. This type of supportive environment encourages men to seek wisdom from their peers. The barriers to achieving success are overcome when men are understood by those who are significant to them.
- 3** The opinions of the other men were sought, so each man could compare his own thoughts with the thoughts of others who he trusted and respected. New ways of interpreting the events of life were discovered, and different perspectives were discussed with openness and vulnerability. Input from older men was

considered thoughtfully, as previous generations wanted to help the next generation deal with life in successful ways.

- 4 Each man considered the meaning and purpose that comprise the foundation of his personal story. Personal significance was clarified, as each man explained the values that were important to him and the standards he chose to live by.
- 5 The men sought solace from each other when confronting issues that caused fear in their lives. They freely shared their dreams for the future, and talked about creating a better world for those they love. Sharing these kinds of plans often included a discussion of the skills and risks that were necessary to make their dreams a reality.
- 6 Women were a topic of discussion. Within their relationships, men shared what attracted them, confused them, emotionally touched them, taught them, inspired them and hurt them. The care of their children and the meaning that children bring to a man's personal legacy were also added to the dialogue.
- 7 The ultimate meaning of life and its spiritual context were debated, as different viewpoints of God and the source and purpose of a man's existence were considered.

When men deliberately spend regular time together, they seek and often find answers to their life questions—but we have found that, in the end, they value the honest interactions they experience within themselves, and with other men in the group, far more than they value the answers they find. A man often does not fully understand his most important relationships and can benefit from the guidance of others who are not as personally involved. Through his friends' investment in his life, he will become better at finding the value in his relationships and acting in ways that lead to more relationship intimacy. He will also learn how to respond appropriately when those with whom he has relationships behave and respond in ways that he has little control over.

Within the support structure of his campfire, a man can decide how to adjust to the aspects of the environment that are perceived as dangerous and cause him to feel insecure. He uses this dialogue to further clarify the standards that will guide his future decision-making. He uses the campfire experience to fight his tendency to trivialize his existence. He invests in others, beyond shallow chit-chat alone. With the help of his companions, he learns to accept responsibility for the outcomes of his efforts. He acknowledges that his successes and failures are based on his choices. Through the insights that are gained from interpersonal interactions, men recognize that they can learn from their past experiences in ways that make their present and their future better. They convert the learning and social support that occurs during their campfire into personal strength. Listening to others and sharing their own ideas helps them grow.

When a campfire is working, its members treat the time they have set aside for it as if it were gold. The commitment to “do life” together takes precedence, and the opportunity to be present for each other is rarely missed. Laughter is heard, as the group strives together to relieve some

When a campfire is working, its members treat the time they have set aside for it as if it were gold.

of life’s pressures. Time often goes by quickly at the campfire, as a “don’t want this to end” feeling often occurs. Experiencing life in these inti-

mate ways feels good at multiple levels. Even as the last embers begin to die, and despite how tired each man feels, a man at peace is ready to take on the challenges of the next day.

Campfire members learn to appreciate the significance of being able to return to this moment at some point in the future by making this opportunity for personal growth a priority. There is a sense of anticipation for these men, as the experiences of each man’s journey are shared, and accountability is practiced. As a result of the time these men spend together, the reminders of the support and perspectives of each campfire member strengthen them, as they walk into the unknown parts of life. Throughout a man’s manhood journey, his team

of men is beside him, to encourage, confront and teach, providing a source of ongoing strength to him.

Gaining Insight

It is not unusual for a man leaving a particularly good campfire experience to make several important self-promises:

- 1 He has clarified his values and makes a decision to be more focused on applying them to his daily life. He makes commitments which further establish the principles he will use to guide himself over the next week. Every campfire meeting, in an ever so slight way, encourages a stronger man to emerge.
- 2 He invests himself in his relationships at deeper levels by putting thought and effort into them. He establishes the interpersonal boundaries that are necessary. He identifies the people he needs to forgive or apologize to.⁵
- 3 An important plan of action is chosen which allows him to make the adjustments his life requires and to achieve the goals he has identified.
- 4 He makes a promise to create a reality that more consistently reflects his spiritual beliefs, so that what he hopes or prays for is lived out in his life.

The journey into manhood is not possible if you choose to travel alone.⁶ You need to find a group of men you can relate to, who will motivate you to dig deeper, making it possible for you to know who you really are. If the only reflection you see is the one in a mirror, you will always be able to distort the reality of who you are. A man who tries to live his life without feedback from others will never develop his full potential.

5 Matthew 5:23-24; 6:14-15; 18:21-22; Colossians 3:12-14; James 5:16

6 Proverbs 18:1; Ecclesiastes 4:9-12

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A Manhood Story

If George had any luck, he would have had no luck at all. As a truck driver, he had learned, long ago, the many annoyances that come with being on the road for a living. Sitting in traffic for hours, due to an accident on the highway, had made him late for today's delivery. Now, as he was finally making his way home, he was once again stopped. He was the first car in line waiting for one of the construction crew guys to spin his sign from "stop" to "slow," while the rest of the crew worked in the hot sun. George often wondered where construction crews came from; they always seemed to just appear in the spring, stopping traffic wherever they were. *Come to think of it,* he thought, *that sign man looks like Joe's kid.* Joe had been George's best friend in high school. They had played football together for four years but drifted apart after graduation. George momentarily considered calling Joe, but he knew he wouldn't.

George drummed his fingers on the steering wheel; he was hoping he could make it home in good time. He hadn't seen Elsa, his wife of 32 years, in six days, and they had a dinner date planned—as long as he made it in time. He had a long list of chores to catch up on after that, and he wanted to catch a Pirates game on TV before bed. George loved baseball; he would be a Pirates fan for life, despite their losing record.

His week in the truck had gone well, up until now. He had made good time between his stops and had gotten in and out of the loading docks quickly. He watched the cars passing him in the opposite direction and realized they were like the years of his life passing him by. George was 53; while his age changed every year, almost everything else stayed the same. He wondered if this was all his life was meant to be: mostly good years, a few bad times, all moving past him too quickly to really grab hold of anything. When he took his first truck driving job, he hadn't considered the thousands of road trips across

Note: Appendix C provides a description of each campfire member in A Manhood Story.

the country he would take. *At least I've seen a lot of the country*, he thought. The sign spun from “stop” to “slow,” he put the truck in gear and life went back into gear.

* * *

George is a nice guy. He's loyal to Elsa and the Pirates; he makes repairs around the house when they're needed; he stays out of trouble on the road and has logged thousands of miles without any accidents. He goes to church on Sundays and would describe himself as having quite a few friends. People are usually friendly to him. But, like many men around him, George is bored.¹ He isn't bored in a teenager kind of way—he doesn't take unnecessary risks or stir up trouble; instead, his boredom is with the routine nature of his life. The depth of his friendships is limited; he expects very little out of himself and life in general.

There are a lot of men like George—bored, often without realizing it. God calls them to be more than they are. The great potential that they waste will always lead to boredom, even if it is cleverly disguised as routine. George is good at “doing,” and he thinks this is all he needs for a fulfilling life. In reality, George needs to get better at “being.” He must learn how to interact with life at deeper levels; to do this, he must develop himself, engage in meaningful interaction with others and express God's divine purpose for his life. He must be proactive, instead of simply taking what life hands him. He has been called by God to tap into the passionate heart of manhood and focus his aggressive energy on a quest that makes a difference in this world.

The divine image that God has given him is also a gift to the people he influences.² George is cheating himself and others out of a fuller life experience, without even knowing it. If he wants to stop being bored, he must get as good at understanding himself and making a difference in the world as he is at truck driving. If he does nothing

1 Ecclesiastes 1:2-10; 2:1-11

2 Proverbs 27:17

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Bricks

1. A man's ability to experience life with other men in meaningful ways has been lost.
2. Men benefit from sitting with other men to discuss the deeper issues of life.
3. Men can use what they discover during these types of interactive experiences to further develop their potential.
4. The motivation to change is often the result of being willing to open up deep compartments (or closets) within ourselves and allow God to influence our lives and our relationships.
5. When men deliberately spend regular time together, they seek and often find answers to their life questions—but we have found that, in the end, they value the honest interactions they experience within themselves, and with other men in the group, far more than they value the answers they find.
6. When a campfire is working, its members treat the time they have set aside for it as if it were gold.
7. It is not unusual for a man leaving a particularly good campfire experience to make several important self-promises.
8. You need this regular campfire time to allow yourself to feel the personal satisfaction that goes with a job well done.
9. The first step toward manhood occurs when you initiate your own personal campfire opportunity.

Campfire Discussion

Share your answers with your group.

1. Briefly talk about your week, sharing the highlights or the concerns you may have.
2. Share a thought or an idea from this chapter that caught your attention. How does it relate to your life?
3. Each group member should talk about themselves for two to four minutes. (Take notice of the specific characteristics you use to describe yourself.)
4. Which areas of your life would you like to improve? Identify the new character attributes that you want to develop.
5. What are your tendencies with regard to relationships? Are relationships easy or difficult for you to initiate and maintain?
6. What do you think are the advantages and the disadvantages of being part of a campfire experience?
7. What do you hope to give to others during your campfire time? What do you hope to receive from others during your campfire experience?
8. Discuss which parts of “A Campfire Promise” you value most, as a group. How will you intentionally live out this promise during each campfire meeting?
9. Proverbs 27:17 states, “As iron sharpens iron, so one person sharpens another.” How does this Bible verse apply to your manhood journey?

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Our Team

Author: Dr. Roy Smith has worked for over 30 years as a psychologist/counselor to men and their families. Because of his experience in this field, he has come to appreciate the manhood journey; men often ask for counseling in order to better themselves. There are a lot of men who would willingly do what is right for themselves and their families, if they had the opportunity to learn *how* and *why* and were coached accordingly. They need a deeper relationship with God, which will empower them in the various roles that are part of manhood. Knights of the 21st Century has been developed to help men understand and utilize their God-given design and His call for their lives. This will help them learn how to lead more effectively, which contributes to the overreaching goal of positively changing our culture. Knights has developed a number of men's curriculum programs, along with other men's ministry resources, which are designed to help men see their potential, develop their giftedness and establish a relationship with God, their Creator, as they pursue manhood. Roy has also contributed to the curriculum for a women's ministry series (with studio-quality DVDs), *The Genesis of Woman*, developed by Real Women of the 21st Century. Roy's passion for writing the Knights21 men's ministry resources is fueled by his hope that men will discover new ways of living that prevent negative thoughts and actions, benefit others and restore their manhood by following God's original design for them.

Roy's dream is for Knights to provide resources to the church which can help them reach out in practical ways to those who have felt unaccepted. His goal is to demonstrate that when the Bible's truth is applied to life, it will lead males and men to greater heights of self-fulfillment while, at the same time, pointing them to the necessity of a daily God-man relationship. Much of the learning that Roy has used for the Knights of the 21st Century program is based on his early experiences within a number of different church environments, both positive and negative. As a minister's kid, he experienced Bible teaching that helped him learn and grow, but he also experienced

people who claimed to have a relationship with God and were considerably imperfect in the ways they applied their faith to their lives.

Roy has a Master of Divinity degree and a Master's and a Doctorate degree in Clinical Psychology, which have provided the learning he has applied 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 and group therapy experiences. He reads continually in the areas of personal/spiritual growth. As a licensed psychologist, certified addictions counselor and certified employee assistance professional, he 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 psychologist, and because of her ongoing support for many of his idealistic "windmill attacks." His daughter, Kim, is a psychologist as well, and she has taught him in many ways; his son, Nick, who deals with autism and Down Syndrome, has shown him the practical earthiness that life brings, often in unexpected ways. Pennsylvania Counseling Services (PCS) was started in Roy's living room over 30 years ago; God has blessed PCS (now 20 clinics), and Roy's experiences with PCS have 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.

Roy's latest venture, which is aimed toward helping males learn how to become men, was encouraged by his longtime special friends: Ruthie and Jon Davis; Becki and Don Hager; Barb and Dave Sabo, and his new friends: Clair and Bonnie Hoover; Brian and Christine Martin. A special thank you to Keith Walker, for serving in the key role of initial presenter of Knights; Sherri Haldeman, for her countless hours of typing; Mitch Davis, co-author of *Bull*, for sharing some of his stories, which are contained in this book; Lou Picchio, M.D., for being a challenging and supportive mentor for over 28 years.

Roy has had the privilege of sitting under many pastors who have taught, led and provided Godly 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 pastor, Senior Pastor David Ashcraft of LCBC Church (Lives Changed By Christ). They have each 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 the “Knighthood Thought for the Day” emails. To sign up, visit our website at knights21.com.

Biblical Reference Contributor: Dr. Tim Undheim serves as a missionary in a graduate school and several seminaries in Manila, located in the Philippines, where, for more than a decade, he has taught the Bible and its original languages. Men and women from all over the world have learned from his teaching; they practice what they have learned in local ministries in the Philippines, and then return to their countries, cities, and villages to introduce others to the life-changing message of the Bible. Tim has two seminary degrees, as well as a Master of Philosophy degree and a Doctorate degree from Hebrew Union College-Jewish Institute of Religion; he is proficient in ancient languages, which he has used for his research on the Dead Sea Scrolls. He is married to Cleo, and they have a daughter, Raquel. Tim and his wife, who leads a vibrant ministry to female inmates and their families, minister in churches and other institutions around the Philippines.

Editor: Barb Sabo is a longtime friend and co-worker of Roy Smith’s, who states, “*Manhood Journey* would not have been completed without her tireless efforts over the past seven years.” Barb has worked in various leadership capacities with Pennsylvania Counseling Services for over 25 years. Her gradually evolving role as an editor of the Knights of the 21st Century program materials had its beginnings on her front porch with a “pink pen” in hand.

The men in her life are at various points of what Knights 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 toward knight-

hood, 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, 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.

Assistant Editor/Proofreader: Paul Davis, who considers himself to be the old man of the team, grew up in the 1950s as the son of pioneer missionaries to Thailand who served the poorest of the poor. Starting at age seven, he spent nine months a year at a mission boarding school in Vietnam. Later, he earned a Bachelor’s degree from Bemidji State University in Minnesota. Paul worked for Roy Smith at Pennsylvania Counseling Services in the maintenance and finance departments, from 1993 until he retired in 2009. There he watched the early development of the Knights program with admiration from the sidelines. Paul’s life was dramatically changed in May, 2012, when he invited Jesus Christ to take control of it. His hope is that many readers of *Manhood Journey* will decide to do the same.

Paul considers himself to be a reasonably competent amateur proofreader, but he has developed the courage to step toward this new opportunity by providing his editing suggestions for consideration along with those made by the rest of the Knights editing team.

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

Copy Editor: Jory Kauffman recently graduated from Houghton College with a Bachelor’s degree in English and Art.

When a group of men commit all of who they are to becoming men of God and following God's call for their lives, they can create a powerful force for good in our world. When men join with like-minded men, they can be God-inspired agents for change who meet the challenges that confront them.

Will you join us?

